

# SPOKE

Conestoga College, Kitchener

November 19, 2001

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## WTN awards internship to college

By Mary Simmons

For the first time, the WTN Foundation Inc. has chosen Conestoga College to be one of six Canadian colleges to be the recipient of a Women's TechNical Internship.

The foundation is fully funded by the women's television network.

The internship will be awarded to an outstanding graduating female student in the broadcasting - radio and television program.

The intern program places top female graduates from across Canada in technical apprenticeships in the broadcasting field. It also pays 50 per cent of the salary of the intern's first job for six months. This is a great incentive for potential employees to hire the student.

The intern is also provided with a mentor and is included in a two-day cross-cultural workshop in Winnipeg.

According to the WTN Web site, in the second year of the program 100 per cent of the apprentices were hired on by their sponsoring employers at the end of the session.

The award was created in 1996 to encourage women to pursue careers in the more technical aspects of broadcasting. This includes electronic news gathering, camera operators, videotape editors, Web page designers, lighting and audio technicians, graphics animators and character generator operators.

"For the past five years we have seen a number of excellent schools that have proven their ability to produce highly skilled television technicians," Shirley Muir, executive director of the WTN Foundation Inc., said in a press release. "We're working with Conestoga College because it gets top marks for cutting edge technology, training excellence and student diversity."

Michael Thurnell, co-ordinator of the broadcasting program at Conestoga, said he first got word of the honour at the beginning of this school year, at which time it was announced to female students in their final year that this would be an option for them.

He said there are currently three students who have expressed an interest in applying for the internship. The deadline is tentatively scheduled for Jan. 7.

Students who apply will be assessed by a jury made up of industry professionals who are not directly connected to the college. They will select an intern based on academic achievements, general attitude and her desire to work in the industry.

Thurnell said the jury has not been officially chosen yet, but three female broadcasters and a former teacher in the broadcasting program at Conestoga have been approached.

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## We're in the money



**Alumni services officer Monica Himmelman celebrates finally reaching, and passing, the \$35,000 goal for the United Way on Nov. 6.**

(Photo by Julianne Kerr)

## Appeal panel needs student rep

By Tannis Wade

From now on, if there is an academic appeal at Conestoga College the decision panel will include a student. The change was implemented after a working group consisting of students, faculty and administrators conducted a review of the procedure last fall.

Janeen Hoover, associate registrar for the college said this change affects the way panels will be set up from here on in. "The process has been revised so when a review

is sent to the panel there is now a student who is part of the decision-making team."

Hoover said it is really important that students have the opportunity to view the appeal process as a fair one. "It is not that it necessarily is fair, but the perception looking from the outside could be deceiving," she said. "Not having students represented on the panel might lead you to believe that it wasn't set up to be fair." However, the appeal process is specifically intended for students, to help students.

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## Workshop students prefer degree program

By Kirsten Fifield

Although Conestoga's journalism print and broadcast program received rave reviews from high school students who attended a journalism skills workshop, Nov. 10, almost half said they would not apply to the college because it does not offer degrees.

Twenty-six senior high school students from Kitchener, Waterloo, Cambridge and Guelph attended the workshop, which was developed to introduce students to some of the skills they would learn in a post-secondary course in journalism.

Professor Dave Haskell said he found the workshop evaluation results disturbing.

He said one student approached him and mentioned that, even though she thought Conestoga offered a great program, she would rather attend an inferior program and learn fewer skills if it meant she would obtain a degree.

"How do you compete with that?" he asked.

Haskell developed the workshop with Program Co-ordinator Christina Jonas, as part of a long-term plan to make the program well known.

"If you're going to be famous

you have to get your name out there in the community," he said. "We wanted high school students to know about it because they are the journalism students of the future."

Applications for the workshop were sent to the English department heads at area high schools, who were asked to send up to four students who they felt were the strongest journalism candidates.

The workshop, which ran from 9:30 a.m. to 5 p.m., included lectures on writing a strong print lead, interviewing techniques and vocal delivery for television and radio.

It also included practical exercis-

es during which students wrote leads based on real-life scenarios and read copy aloud to learn proper pace, pitch and tone.

In the Nov. 12 issue of Spoke, Pat St. John, a vice-president at Conestoga College and head of applied arts, said one of his visions for the future includes putting together a four-year applied arts degree program called integrated communications.

This degree would include existing programs as well as two new programs the college hopes to add to its school of applied arts over the next two years.

**Continued on Page 2**

# New department gets courses online

By Dwight Irwin

The new educational technology department at Conestoga College is giving faculty members the chance to put information about themselves and their courses on the Internet.

Elizabeth Bowman, education technology co-ordinator, said the new department was created to support any programs that want to offer information about their course, post grades and introduce faculty members.

"This makes it better for people researching about coming to the college," Bowman said. "Faculty can put information for the potential students on the site, which might help them to decide to come to this college."

In addition to a regular faculty and staff Web site, which is linked to Conestoga's homepage, a WebCT program is used, which gives the college a secured server, which can only be accessed with a password.

Faculty can use this tool to post their curriculum online, while putting their lecture notes and grades for students there as well, Bowman said.

Bowman said it takes at least one semester, sometimes two, to train an instructor to use the WebCT well enough to make a quality Web page. She hopes faculty Web pages will

become a "natural environment" for students because they will know what course material will be online and take advantage of it.

Bowman does all the administrative work for the department, while two other educational technology workers focus on other aspects of developing the Web pages. Bev Siebel is the technical support for the department, while Sharon Marley sits down with the instructor to figure out what aspects of their course should go online.

More than a year ago, the Ontario Ministry of Agriculture, Foods and Rural Affairs approached the college about making course information available to rural students. Money was donated to the college, which was spent on the WebCT server.

It's rare for a college to own its server, which are usually outsourced, said Bowman, who worked for the online continuing education department for three years.

She's excited about the prospects of getting all faculty members on the Internet.

"This is the best job I've ever had at the college. It's exciting because it's a new program and the tools are so powerful, they can do so many things for classes."

Bowman said there are already



Elizabeth Bowman, the education technology co-ordinator at Conestoga College, has been working to get faculty and staff Web pages online. Faculty and staff can use these pages to post marks and schedules.

(Photo by Dwight Irwin)

some pages on the faculty and staff Web site, while others are a work in progress.

Faculty web pages can be found at [www.conestogac.on.ca/faculty/fsWebpages](http://www.conestogac.on.ca/faculty/fsWebpages) while the educational tech-

nology department Web site address is [www.conestogac.on.ca/edtech](http://www.conestogac.on.ca/edtech).

Information about training sessions for faculty and staff will be advertised on the new department's site, Bowman said.

## Students want degree

**Continued from Page 1**

The new programs include advertising, which could start as early as next year, and public relations, which could follow in September 2003.

Haskell said these changes will focus a lot of attention on the college's school of communication.

"The goal (of the workshop) is to get students thinking about journalism in general," he said.

Though many students showed a strong preference towards a university degree, about 25 per cent of the students who attended the workshop said they were so impressed by it that Conestoga College would now be their number 1 choice.

"It's fantastic that all of them recognize Conestoga College's journalism program as an excellent program and a worthwhile choice," Haskell said.

"But one can't help but be bothered that certain keen students would slip through our fingers because of the title on a piece of paper."

## Appeal forms at registrar's office

**Continued from Page 1**

In order to file an academic appeal, the first step is to pick up the required paperwork. In the past students could write a letter explaining the situation, but the standard form has proved a better structure for the filing process. It ensures all the necessary information is included.

The appeal forms are available at the registrar's office, from the Conestoga Students Inc. office and at the student services office. The form requests specific information about the professor's name and the grade achieved. "Often times students forget to keep copies of their information and track the incidents properly so the form provides a good structure to base an appeal," Hoover said.

"The form provides dates and there is a little bit of direction as to where it is going to go from there."

Once completed the form is then passed on to the registrar's office. From there, an administrator will construct a panel to hear the specifics of that individual case. A faculty member, administrator and student will be selected who have no direct involvement in the situation or the students' program. "We have set it up specifically that way so that the student knows there is no bias," Hoover said.

The appeal panel will hear the case and must make a final decision based on the facts. All of the people involved must have good and sound decision-making skills, as the choices could be difficult.

What students need to under-

stand is the appeal process is there for their benefit. If something happens at the college regarding a course, professor or grade the student has to know his or her rights. For further information refer to the Student Procedures Guide distributed upon registration at the college.

"The review panel who made this decision last fall wanted students to feel that the appeal process was something that was working in their best interest and was being applied fairly," Hoover said.

For additional information or to volunteer as a student panel member contact Janeen Hoover at 748-5220 ext. 3705 or e-mail her at [jhoover@conestogac.on.ca](mailto:jhoover@conestogac.on.ca) or consult your Student Procedures Guide.

By Tannis Wade

Need some volunteer work to add to your resume? Student volunteers are needed to sit on a panel in the event of academic appeals at the college. Janeen Hoover, associate registrar at Conestoga, is on the hunt for people who fit the bill.

To be eligible to sit on a panel you must be a second or third year, full-time student. This is to ensure the student is familiar with the grading criteria, evaluation process and policies at the college.

If you do decide to take part, it does not mean you will be called upon for every appeal that happens. Based on the situation and your availability, your name could be pulled from the pool of volunteers to help.

An orientation session is being held on Nov. 19 starting at 6 p.m.

for all interested volunteers. It can be found in Room 128 in the Student Client Services building. Even if you are not sure if the job is for you the orientation session will help you to decide.

"The orientation session will basically be a question-answer period," Hoover said. "What do I have to do, what is expected of me, what is the time commitment and what do I need to know?"

For those who can't make it to this session there will be other ones in the future to better accommodate students' needs.

If you are interested contact Janeen Hoover directly at 748-5220 ext. 3705 or e-mail her at [jhoover@conestogac.on.ca](mailto:jhoover@conestogac.on.ca) to let her know your availability.

"I am willing to schedule sessions during the day if it is more convenient for the students," Hoover said.

## Only six WTN internships awarded to colleges in Canada

**Continued from Page 1**

Thurnell will also sit on the panel as a moderator.

He said this is a much sought-after award among broadcasting programs in Canadian colleges.

"It's big deal," he said.

Conestoga's broadcasting program is made up of more than 50 per cent female students and Thurnell said he thinks this factor impressed WTN when evaluating

the college's application.

"I think that gave us an edge," he said.

Within the broadcasting program, students get hands-on experience throughout their three years. They are required to do lab work on CJIQ FM, a community radio station based at the college, volunteer at Rogers Communications and in their last semester they have a work placement.

The internship will enhance what is already achieved through successful completion of the program.

The internship will only be awarded through the six partner schools. The other five are: Southern Alberta Institute of Technology, New Brunswick Community College, CEGEP de Jonquière, Algonquin College and the Centre for Digital Imaging and Sound.

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at the sky.  
Read Spoke

# Council will improve wood industry

By Laurie Vandenhoff

A recent announcement at a Toronto wood show by Human Resources Minister Jane Stewart means big changes for the wood-working industry.

A sector council is being created and funded through the federal government to raise Canada's rank among the world leaders in the wood industry.

Mike McClellments, dean of engineering technology at Conestoga College, is a member of the council that was revealed at the Woodworking Machinery and Supply Expo on Oct. 28.

The board is being provided with approximately \$600,000 over the next two years to set up a council, said McClellments. "Once fully developed, the sector council will consist of a large number of companies who each pay a fee to belong and who each benefit from the efforts of the council."

The primary goal is to solve the problems growing within the woodworking industry in Canada. By putting their heads together and developing projects, members will change the way Canada is seen by other countries.

"In the majority of cases, the sector council is dealing with human resource issues," said McClellments, adding, "in the recent past this has meant not enough skilled workers."

Countrywide, the companies included in this sector cannot find enough people to do the job.

McClellments sees the root of the problem as a lack of education opportunities. "In this industry, there are no university level engineering programs to supply this particular sector. The most highly educated are our three-year technology graduates."

To achieve their primary goal of increasing skilled workers, the sector council will implement several projects. They will begin by increasing the number of college training programs.

This will mean more people working in the industry, said McClellments. With placement rates for woodworking programs reaching 100 per cent over the last several years, it is apparent that the demand exists for this trade.

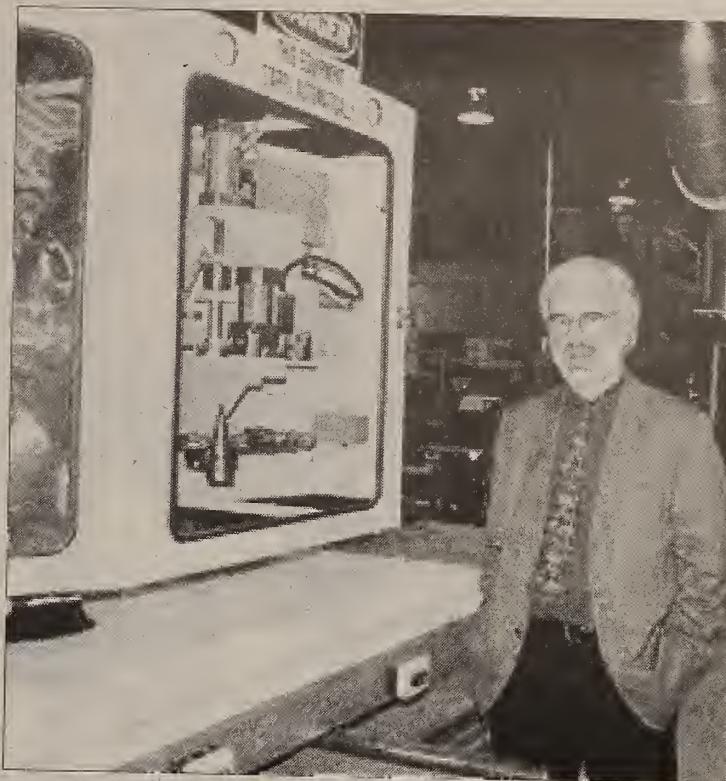
Right now we produce between 40 and 60 graduates per year from furniture-making programs, said McClellments. "If we produce 200, they would all get hired as well."

There are always orders to fill. The problem is finding the people to complete them.

"Really at the end of the day, the economic growth of a company is limited by the amount of skilled workers," explained McClellments.

If the demand is so great, then why is the number of graduates so low?

There isn't a very complete education infrastructure for these careers, said McClellments. This means students especially, do not understand the elements of obtaining a job in woodworking.



Mike McClellments, dean of engineering technology, is a member of a sector council being set up to solve problems within Canada's woodworking industry.

(Photo by Laurie Vandenhoff)

"It is not perceived as an attractive career destination," he said. "When you mention woodworking, often the image that's created is manual labour, one that includes a dusty, dangerous environment."

However, McClellments explained while these do exist, the majority of woodworking institutions are very high-tech. "They look like automotive factories," he

said. "But nobody knows that."

Another reason there is such a low number of skilled workers is the lack of education facilities to train students. "In Ontario, this college graduates the most highly educated woodworking people," McClellments said. Other industries, like the metal industry, have a greater array of graduates from whom employers can choose to hire. Often these are university

degree recipients.

For the woodworking industry, the choice is either woodworking technician or woodworking technology graduates. "There is no engineering level, masters or PhD," said McClellments. "Those people are not available because they don't exist."

The woodworking industry needs to have comparative knowledge capital, he said. However, that has not been implemented.

"One of the things I hope to see, is the image of the industry improved," said McClellments. "I'm looking forward to the day that I visit a public school or high school and hear a student say they are looking forward to a career in advanced wood manufacturing."

McClellments wants his involvement in the sector council to generate results in education. "Because I have experience both in industry and education, the opinions I offer are based on my background," he said, adding, "I am the only one on the board working in an academic setting." Most of the members are senior executives of companies from the industry.

If the council does create an increase in graduates, the college will be able to handle the influx of students. The only problem the woodworking centre has had so far is generating publicity.

"After 12 years, people don't know about it," McClellments said. "Half of the people who come to visit, utter some indication of surprise at how big it is and how many machines are in it."

## College reports revenue surplus

By Michelle Timmerman

In a recent board of governors meeting, it was announced that the college has approximately half a million dollars revenue in surplus.

After hearing this, one question comes to mind, why is tuition increased every year if the college has so much surplus revenue?

Post-secondary education tuition fees are controlled by directives from the Ministry of Training, Colleges and Universities. The ministry guidelines allow for a two per cent tuition increase each year. Last year the increase in tuition was 1.7 per cent. The tuition increase for the 2002/03 school year is uncertain.

The surplus the college has was generated through revenue from corporate training programs, adult education, international studies and apprenticeship programs.

Like any well-organized business, the college has the surplus money on reserve. Reserves are built up over a period of years by ensuring that expenditures are slightly less than revenue on an ongoing basis.

Maintaining an appropriate amount of money on reserve is important to allow for investment in new programs, upgrading existing program curriculum and investing in

instructional and support services.

Having a surplus not only means protection from the economy, but it also provides the college with money for new equipment, and an improved curriculum for students.

"The government does not provide the college with money for improving the curriculum. The surplus provides us with the money to keep a more up-to-date curriculum for students," said John Tibbits, president of Conestoga College.

The college board has a policy not to allow reserves to fall below five per cent of annual revenue. This was set aside to protect the college from any educational cutbacks from the government.

"It is important for a college to have money on reserve in order to protect the college and the students," said Tibbits. "In the case of a loss in economy the surplus is there to assist the college with expenses no longer available through the government."

Take the economy loss in 1995 for example. Education costs were cut by 15 per cent forcing many Ontario colleges to downsize, resulting in less opportunities for students. Because of the revenue Conestoga has in surplus, the college did not have any layoffs or downsizing.

## Biological weapon awareness on rise due to anthrax scare

By Julianna Kerr

Due to the recent cases of anthrax in the United States, an increased awareness of other possible biological weapons has surfaced.

One notable disease is smallpox. The highly contagious virus is characterized by a skin rash and carries with it a high death rate.

Routine vaccination against the virus ended in 1972.

The last naturally acquired case of smallpox was in 1977 in Africa, followed by an instance of the virus from laboratory exposure a year later in Britain. Both patients died.

In December 1979, the World Health Organization declared that smallpox was officially eradicated, and was therefore no longer a legitimate health concern.

The incubation period ranges from seven to 17 days following exposure to the virus. Initial symptoms include high fever, fatigue, headaches and backaches. A rash follows in two or three days, and tends to be most prominent on the face, arms and legs of the patient.

The Centres for Disease Control and Prevention (CDC) in the U.S. says the majority of patients with smallpox recover, but death may occur in up to 30 per cent of cases.

If the smallpox vaccine is given within four days after exposure to the virus, it can lessen the severity of the illness, or even prevent it altogether.

**Medical officials say they aren't expecting a smallpox attack, but admit awareness of the possibility has increased.**

In most cases, smallpox is spread from one person to another by infected saliva droplets. People with the virus are most infectious during the first week of the illness, as that is when the most significant amount of the virus is present in the saliva.

The CDC says those vaccinated in the past are not necessarily immune to an outbreak of smallpox.

The level of immunity among

those who were vaccinated before 1972 is uncertain, therefore these people are assumed to be susceptible to the virus. It is not known how long immunity to smallpox lasts. Most estimates suggest it lasts only three to five years.

A single revaccination effectively boosts immunity, and a prior infection with the disease means immunity is assured.

Medical officials say they aren't expecting a smallpox attack, but admit awareness of the possibility has increased.

Suspected cases of smallpox should be immediately reported to a local hospital, where an infected patient would be placed in isolation to stop the spread of the virus.

People who may have come in close contact with smallpox patients should be immediately vaccinated and watched for symptoms.

The CDC says some comfort may be taken in the fact that an aerosol release of smallpox would dissipate within one or two days, therefore buildings exposed to the virus would not need to be decontaminated.

# Commentary

## Local gang problem needs better solution

Everyone is used to the no shirt, no shoes, no service motto, but now Kitchener-Waterloo has come up with a new one.

By the end of November, Waterloo regional police would like to see signs in the windows or on the doors of local bars and restaurants that say no gang clothing, no gang colours. The sign will also include the Waterloo regional police logo.

The voluntary signs are part of a new police program called No Gang Clothing, No Gang Colours.

Barrie and South Simcoe County implemented a similar gang ban a couple of years ago, and even though not all establishments are complying with the voluntary program, it has been successful.

Waterloo regional police are looking for three local youth gangs in particular the Bloods, the Crips and the Slingers. The Hells Angels are also being targeted, but the program's main focus is on members of local youth gangs.

It's great that police recognize there is a gang problem in Kitchener-Waterloo, and they are trying to make the city a safer and more enjoyable place to live and visit.

But the No Gang Clothing, No Gang Colours program is not the right solution to get rid of the problem of youth gang influence.

The major hitch in the program is the bars and restaurants that choose not to put up the sign at their location will not face any consequences.

What is the point in starting a program that condemns youth gang activity, but does not have to be carried out by all pertinent establishments?

It will be hard for some owners to put up the sign because it may suggest that they have had gang-related problems, even if they never have, which might turn some customers away.

In extreme cases, owners' and employees' lives could be at risk. If a patron is told to take an article of clothing off because of the ban, but doesn't and is told to leave, what is stopping the patron and his gang from targeting the employee after the establishment closes?

That would be an extreme scenario, but it could happen. The establishment also becomes an easy target for vandalism.

Also, enforcing the program within the bars and restaurants is just another nuisance for the employees to deal with besides the non-smoking bylaw.

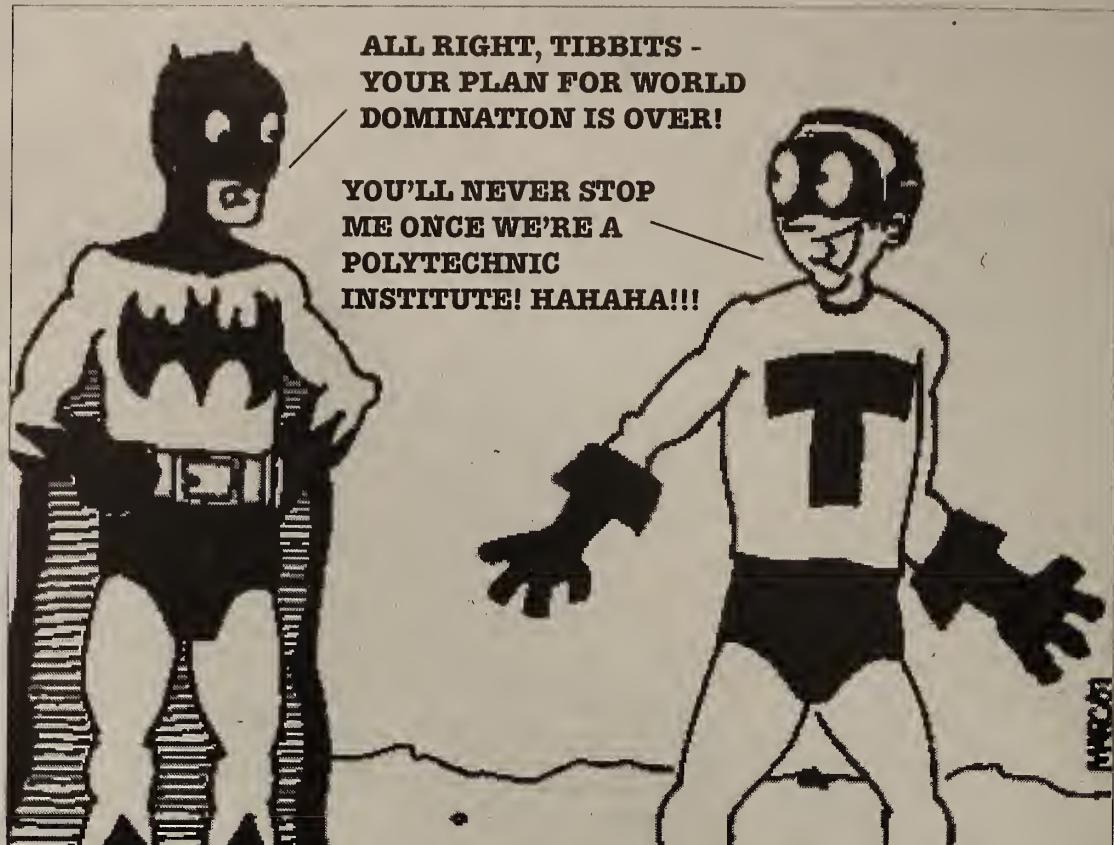
If the police want this program to work, they are going to have to help the establishments make it work.

The police do a good job of patrolling bars right now enforcing the non-smoking bylaw, but they will have to make more appearances in order to enforce the new gang program because larger scuffles could arise from an aggravated gang member than what comes from an irritated smoker.

What needs to be done is for the city to improve its youth programs, and run more of them, to keep troubled teenagers from roaming the streets.

Parents must also step up to the plate. If a youngster is raised in a good home, there would be no need for the youth to join a gang in the first place, and without new members joining a gang, the new police program would not be needed.

The song Signs, a 1971 hit by Five Man Electrical Band, was not meant solely for Kitchener-Waterloo, but it is appropriate, as signs, signs everywhere a sign will be popping up all over the city.



## Everybody helping New Yorkers

More than two months have passed since terrorists hijacked airplanes and sent them crashing into the World Trade Center in New York City.

Since that day, when more than 5,000 innocent people lost their lives, we've seen American forces pound mercilessly on Afghanistan's ruler, the Taliban, in search for terrorist ringleader Osama bin Laden.

There has been overwhelming support of the American response to the Sept. 11 attacks, in both the United States and around the world.

But, more importantly, there has been overwhelming support for families and comrades of the firefighters and police officers in New York who gave their lives trying to save thousands trapped in the Twin Towers before they collapsed. The men and women in these professions who died and those who survived that horrible day, are heroes in New York City and across North America.

The support has been coming from everybody - young and old, rich and poor. Whether it be a 10-year-old girl making ribbons after school, an eight-year-old boy collecting from the piggy banks of his classmates or movie stars holding telethons to raise millions of dol-

lars, so many people have tried to help out.

So often, a blind-eye is turned during times of crisis, but this is not one of these times.

I've had the chance to do my part and no matter how insignificant my contribution is, it's still something.

When I'm not at Conestoga College, I live in a village of 600 people called Ripley. It's a tightly knit farming community on the shores of Lake Huron, near Kincardine. It's one of those places where you wave to every car you meet on the road and say hello to everyone on the streets. Everybody knows each other.

There are no stoplights in Ripley, just a four-way stop. There's one bank, a post office (where you actually go to pick up your mail), two "mom and pop" grocery stores, two gas stations, two locally owned restaurants, a volunteer fire department and no police station.

A couple of weeks ago, the fire department asked my hockey team, the Ripley Wolves, to play the firefighters in a charity game for the families of New York firefighters.

Of course we jumped at the opportunity. We have friends on the fire department and we looked forward to facing them on the ice. But, we also felt it was a good chance to show our support for, not only our own volunteer firefighters, who might average one call every two or three weeks, but also for those in New York.

It was amazing to see the crowd at the game. Children, barely old enough to comprehend what happened in New York, were there cheering. Farmers, who have suffered through another terrible harvest season because of this summer's drought, found a way to open their wallets and donate to the cause.

An estimated \$3,000 was raised for the firefighters' families. Not bad for a town that's smaller than a city block.

It's a drop in the bucket, but it's something everybody in Ripley can be proud of. It isn't the first fundraiser for New York, it isn't the biggest and it won't be the last, but it's the best we, as a community, could do.

Hopefully every village, town and city does as much as they can to support the families in New York who were ripped apart by the terrorists.

It's the least we can do.

# SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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SPOKE is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI) in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in SPOKE are not endorsed by the CSI unless their advertisements contain the CSI logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Unsolicited submissions must be sent to the editor by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Submissions must not contain any libellous statements and may be accompanied by an illustration (such as a photograph).

## Poppy thefts appalling

What has happened to trust in today's society?

Poppy money was recently stolen from various locations throughout Cambridge. I find it rather disheartening and appalling to think people are taking money from poppy boxes intended to help our veterans.

A recent article in The Kitchener Record quoted Genny Stewart, co-chairwoman of the Galt Legion's poppy campaign, as saying the thefts were a "slap in the face to our veterans." I completely agree. The thefts are definitely proof of today's failing society.

They send the message that admiration and honour for veterans and soldiers isn't what it used to be. Nowadays, veterans are most often thought of as retired soldiers and nothing else. They're remembered once a year on Nov. 11, but what about the rest of the 364 days a year?

As the passing years come and go respect for veterans is disappearing. Veterans are people who left their families behind to fight a war for freedom, and although it happened many years ago they should still receive the respect deserving of their sacrifices.

In most cases the tampered poppy boxes were on shop counters and left relatively unattended, which makes them easy targets for individuals wanting to make a quick buck, according to Waterloo regional police.

Poppies are meant to unite a nation and represent the universal remembrance of those brave individuals who fought for our country's freedom.

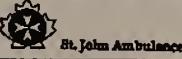
I believe that now more than ever, we as a united nation need to show our support to those soldiers, alive and dead, who fought for freedom many years ago and for those who are fighting abroad now in the war on terrorism.

### HEALTH CARE TIP



### WEIGHT CONTROL

Need to lose some weight? Follow Canada's Food Guide and try cutting down the overall number of calories in your diet, particularly those that are high in fat. Remember to exercise and weigh yourself regularly and above all give yourself a pat on the back for each pound that you lose.



By Marc Hulet

This column appears weekly and focuses on fun and informative Web sites of interest to the students and staff at Conestoga College.

I first stumbled upon CNN.com during the events of Sept. 11 and have been a loyal surfer there ever since.

Their formula is simple – cover everything. If something of importance happened anywhere in the world, they will have the most in-depth and the quickest reporting of it.

CNN.com states that they have a "global newsgathering team of almost 4,000 news professionals."

Unfortunately for us Canadians the site is American so if you're looking for local or national news you best look elsewhere.

The main page for CNN.com is a little cluttered but it has links to every possible area on the Web site.

Since Sept. 11 the main page has been devoted mostly to the events surrounding the terrorism attacks but there is always other important stories outlined at the bottom of the screen page. The most important happenings in areas such as world news, entertainment, sports and travel can be found here.

For news junkies or others who simply like to know the latest news, CNN.com offers e-mail news alerts.

CNN.com's sports section is quite good as well. It is a joint venture with the Sports Illustrated division.

The section offers the latest news and information in areas such as the MLB, NBA and NHL.

They also cover college football and men's and women's college basketball with great depth.

CNN.com also offers live sports chats and instant polls so readers can give their opinions.

The Web site offers an in-depth entertainment section but I am not as

enamored with this area quite as much as some of the others.

The articles seem to be a little cynical at times and their coverage is almost too "newsy" for the entertainment section which I feel should be a little more tongue-in-cheek.

But again, they do cover a lot – including books – which a lot of entertainment sources do not consider entertainment.

Another neat feature of CNN.com is the "Quick News" area.

As we all know people are busy so CNN.com has come up with this section that lists the most important news, sports scores and stock information.

The multimedia section is worth a look too. This area includes photo galleries and timelines.

Photo galleries include subjects such as the new Survivors TV show, travel snapshots and "America's New War interactive library."

The timeline section currently

deals with IBM's evolution, cloning and Timothy McVeigh.

You can also access CNN Radio and video clips. This section includes links to various tools useful to CNN.com surfers.

Desktop Headlines is a small navigator window (that) gives you today's top stories, updated automatically every five minutes.

A link to Babylon.com will allow you to download a program that can provide you with translations, definitions and conversions – in any of nine languages.

There is even more to discover at CNN.com so take some time and explore it for yourself. I am confident that once you give it a try you will go back again and again for your world news and Sept. 11 coverage.

If you know of any fun or interesting Web sites you can e-mail me at king\_koala@yahoo.ca and it may appear in a future column.

## CNN.com offers latest news

### ADVANCED CARE PLANNING PUBLIC INFORMATION SESSION

Informative session that will be of interest to seniors and their caregivers who anticipate a loss of decision making capacity or who have assumed responsibility for making health care decisions on behalf of another person

**WHEN:**  
Thursday November 29 2001

**TIME: 1:00 to 3:00pm**

**WHERE:**  
Terrace on the Square,  
Theatre Rm

**PARKING:**  
Waterloo Towne  
Square  
Kuntz Lane (front)  
Caroline St.  
Terrace Lot (Fullerton)  
NO PARKING  
Edward R. Good

Confused about  
Power of Attorney?  
Substitute Decision Making?  
Competency?

Attend this session!!

### Who Should Attend?

- Seniors
- Family of caregivers
- Health care professionals who work with individuals in future planning

Breaking the stereotypes

# Female saws through the norm

By Denis Langlois

*This is the second article in a series on students in non-traditional roles.*

It is common for people to associate certain programs with one particular gender. Sometimes it is difficult to get that vision out of our minds and realize there are people who have chosen careers in non-traditional roles. One program usually dominated by men is woodworking. There are, however, some women who take this program despite the stereotypes associated with it.

Natalie Picard, a second-year woodworking student, is one of only three females in her program, which has more than 80 people.

Picard, who is originally from Montreal, chose woodworking not to break stereotypes but because she has always wanted a career where she can use her hands.

"It is something I enjoy doing, which is a bonus when choosing a career," she said. "I have always liked seeing my work develop into finished projects."

Although there are some stereo-

types associated with woodworking, the 18-year-old Picard said you have to deal with them without letting them bother you. "It's not fair, but no matter what people do it's always going to be there," she said. "It's just the way society is."

She said the way you deal with the stereotypes is also important.

"You have to ignore the bad things and prove you can do the job just as good as everyone else," she said.

Another reason Picard said she took woodworking is because she has always gotten along with men and feels comfortable around them.

Some of the stereotypes Picard has received have been said by people from her hometown.

"People from back home ask me why I have chosen the woodworking program," she said. "They taunt me by saying it's a guy thing."

Picard said she deals with them by turning the negative stereotypes into positive learning experiences.

"It makes me stronger when I don't let the comments get to me."

Even though woodworking is a male-dominated program, she said

there are both advantages and disadvantages to being a female.

"I have talked to a man in the field and he said most females put the best effort into their projects because they pay more attention to details."

Picard said her wardrobe had to change after she began her program, but said it is neither an advantage nor a disadvantage.

"You have to dress down when you go into the shop," she said. "You have to look like a bum."

One of the difficulties of the woodworking program, however, is the tightening of machinery when the parts come loose, she said.

"It has nothing to do with being male or female because there are weak guys too."

Overall, Picard said she enjoys woodworking and has no regrets about taking a male-dominated program.

"Doing something you really enjoy is a plus," she said. "It's almost like a hobby and a job at the same time."

Although some people may get discouraged when entering a pro-



Natalie Picard, a second-year woodworking student, holds the finishing panel she created to determine the correct stain for a project. Picard is one of only three females in the woodworking program.

(Photo by Denis Langlois)

gram usually dominated by the opposite sex, Picard said you have to do it for yourself and not for others.

"Don't let people turn you down, you have to stick to what you believe in," she said.

# Government raises price on cigarettes once again

By Julie Graham

Smokers are digging deeper into their wallets and bank accounts due to recent tax increases on cigarettes by both the federal and provincial governments.

In what Health Minister Allan Rock calls part of the overall strategy to reduce the use of tobacco, the combined federal-provincial increases amounts to \$3.20 per carton in Ontario. In effect since Nov. 2, smokers are paying \$40 to \$50 for a carton and \$6 to \$7 for a single pack of smokes.

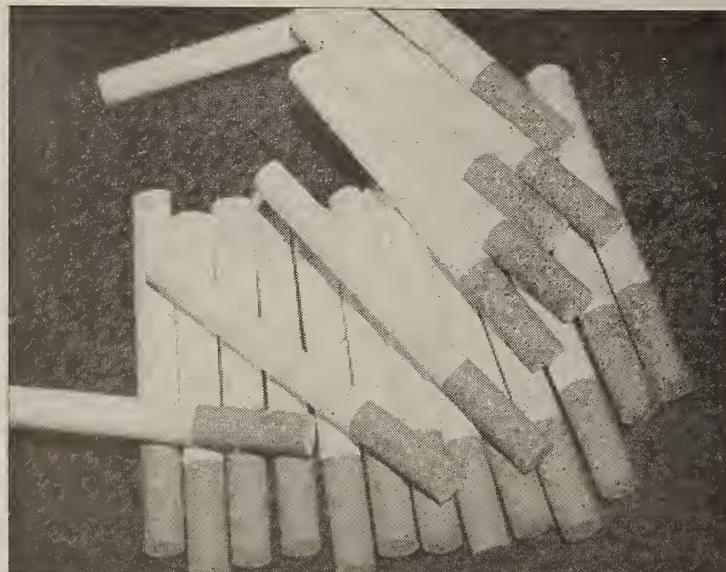
For Ontario and many other provinces, this is the second increase in 2001. The first came in April when taxes were raised by \$4 a carton in Ontario.

Health Canada, investing \$480 million in anti-smoking measures, is hoping to reduce the number of smokers by 20 per cent and the number of cigarettes sold by 30 per cent. Almost half of that money is being used in anti-smoking advertising, and nearly \$15 million is targeted to fight cigarette smuggling, a problem that may escalate with tax increases.

Smokers at Conestoga College have mixed reactions regarding whether the increases will stop people from smoking.

Lisa Doerner, a first-year computer programmer analyst, said the increases will discourage people from smoking. "I'm already thinking about quitting myself," she said. "Not many people have enough money to pay \$6 a pack."

Doerner could be right. According to a recent article from Maclean's, price matters. The Canadian Cancer Society's studies on tobacco usage



For the second time this year, the government has raised taxes on cigarettes. A carton now costs \$40 to \$50 and a pack of smokes will set you back \$6 to \$7.

(Photo by Julie Graham)

found that consumption decreased 24 per cent in 1994, after five provinces did not reduce tobacco taxes. On the other hand, provinces that did reduce the price of cigarettes found only an eight per cent decrease in tobacco usage.

Regardless of the recent increases, general arts and science student Damion Mlynski said people will keep smoking. "If people have jobs they will keep buying cigarettes. Then the increase will probably have no effect," he said.

According to the latest information from Statistics Canada, 5.9 million people aged 15 and older, or about 24 per cent of the Canadian population, are smokers. Twenty-six per cent of those smokers are men and 23 per cent are women. However, six million peo-

ple, or 26 per cent of the 15-and-over population, reported they had quit smoking.

Statistics Canada also found that cigarette consumption in provinces with higher cigarette prices is lower, with a rate of about 18 smokes per day.

The tax increases on cigarettes are especially aimed at reducing smoking among teenagers and young adults, who have the highest smoking rates of any age group at 25 per cent.

Chris McCurdy, a general arts and science student, had strong opinions regarding the governments' increases. "If the government is concerned about getting people to stop smoking they should ban cigarettes altogether," he said. "Taxing is not going to accomplish anything."

# Program helps students succeed academically

By Sarah McGoldrick

Sometimes when students reach the post-secondary level, they are unprepared for the new challenges at hand. General arts and science courses give students a chance to brush up on skills to prepare them for the career of their choice.

The general arts and sciences program has a variety of different courses in different fields of interest.

Program Co-ordinator Frances Painter said this is one of the reasons students switch to general arts and sciences after they have dropped or failed a program.

"Often students aren't prepared for the rigour of a program and come to us after semester one to work on study skills or take a couple of electives."

Frances Painter,  
general arts and sciences  
program co-ordinator

"Often students aren't prepared for the rigour of a program and come to us after semester one to work on study skills or take a couple of electives," Painter said.

The program offers such courses as aviation in a two-year diploma

ma, three-semester format. The program is run in conjunction with the Waterloo-Wellington Flight School.

Painter said more than half of the general arts and sciences students come from the technology field.

"Many students leave a program because it wasn't what they expected."

Frances Painter

She added those with 75 per cent averages in the program are guaranteed acceptance in the program they chose later. Those with an 80 per cent average are guaranteed acceptance into the harder robotics program.

Other branches of general arts and science include a health option for those interested in the medical field. This allows students to make up missing credits and improve academic standing.

"Many students leave a program because it wasn't what they expected or they weren't prepared," Painter said. "If a student knows what they want to do and their marks weren't high enough, it helps them make that bridge."

Painter said most programs have about 30 students per section and for the 2001 fall semester there were approximately 140 students in the program.

She added that these numbers tend to rise in the winter.

# CSI employs new manager

By Michelle Goring

Conestoga Students Inc. has hired Judy Dusick as the new growth and development manager to assist and support the student executive.

Dusick began on Oct. 29 and is in charge of the CSI's human resources, sales and marketing, programming and customer service departments.

"We feel very fortunate to have Judy on board," said CSI President Jon Olinski.

"It's nice to have someone who knows how to run a business."

"Hopefully by next semester we'll have everything running smoothly."

According to Olinski, more than 50 people applied for the position that was advertised in a local newspaper.

According to Olinski, it was Dusick's extensive business experience that made her stand out.

Dusick was a programs administrator at M.E.L Defense Systems Ltd., a company that produces electronic equipment for national defence in Ottawa.

Dusick also worked for the Harrington Personnel Agency in Ottawa, which included such federal government offices as the auditor general, Privy Council and the office of the deputy prime minister.

Dusick sums up her Ottawa experiences in one word, "awesome."

"It was one of those opportunities that was so great, that you could go into a situation like that and learn tons of things, find out the workings of the federal government and the workings of Parliament Hill. It



Judy Dusick is the new growth and development manager for the CSI. Her job started Oct. 29. (Photo by Michelle Goring)

was really a fantastic opportunity."

While employed there from 1978-1982 Dusick met former prime minister Pierre Trudeau and Prime Minister Jean Chretien when he held a cabinet post in the

Trudeau government.

She then moved on to be an instructor at the Ontario Business College in Sudbury and then a customer service manager at the Sudbury Telephone Company.

From 1994-1997 Dusick was the director of the Toronto School of Business in Sudbury and recently left a corporate training position at Orbex Computers.

Dusick said that what attracted her to the position at Conestoga College was the opportunity to return to work in the education field. Dusick worked in private vocational schools as a trainer, director, and manager.

"I really like working with the students," Dusick said. "I think it's very exciting, what's happening with this school, and I like to be connected with the excitement of accomplish-

ment. That's what attracted me."

Dusick is currently working on organizing the physical and paperwork layout for the CSI office.

"That way physically we know where we are supposed to be and when we're supposed to be there so everything travels the proper process."

Also, Dusick is in charge of making sure the CSI is aware of the proper procedures and is using them appropriately.

Dusick's personal goal includes getting a larger pool of volunteers for the CSI.

"What we need is a number of people who are willing to donate an hour of time here and there so we can ensure that we don't stretch the members of executive so thin that we can't get our regular jobs done."

# Plan ahead for a good credit rating

By Shannon McBride

Thinking about buying a new car? Planning to buy a house in the future?

Most students are enrolled in college for those very reasons. They want to be able to afford the finer things later on in life.

Whether you are in college, uni-

versity or an apprenticeship, there are things you must do if you want those things later.

According to Doug Hoyes, a Kitchener credit counsellor, students should try to build a good credit rating while they are young.

"Credit is like fire," Hoyes said. "It's great when it works for you, but it's deadly when it doesn't."

As a credit counsellor, Hoyes sees this first hand. He says from 1990 to 2000, the amount of money people owed in Canada increased by 82 per cent. The number of bankruptcies increased by 82 per cent as well.

In order to avoid becoming one of these statistics, Hoyes said it is important for students to learn how

to use credit to their advantage rather than getting burned by it.

To get a loan from a bank, a car company, or just about anyone else, you must have a good credit report.

Because most students have never done any major borrowing, their credit reports are virtually empty.

In order to build up this credit report, Hoyes said there are three steps students should be following to get ahead.

The first is a simple concept, but not always easy for students to follow. Hoyes said students have to save money.

Having money later on will make it much easier to obtain car loans and mortgages. The bigger the down payment you have, the more willing the bank is to give you money.

"Credit is like fire. It's great when it works for you, but it's deadly when it doesn't."

Doug Hoyes,  
credit counsellor

This is often difficult for many students because they are already in debt just trying to pay their tuition.

The second step can be an easy way to build up a credit rating, but if used recklessly, can create more credit trouble. This is the credit card.

Most credit card companies are happy to give credit cards to students.

The reason for this is that students need the money now and are fairly likely to get a job later and be able to pay off the card.

The problem with this scenario is that students may be paying off the card a lot longer than they had imagined.

The average interest rate on a credit card is 18 per cent. This is often higher for department store cards.

If a student can't pay the full

balance each month, they end up paying a monthly minimum.

This may seem good at the time, but that student may end up paying a monthly minimum for four years, only to find out that they have only been able to pay off the interest and they still owe the original amount that they borrowed.

**"Use credit cards as a substitute for cash that you have, not as a means of borrowing."**

Doug Hoyes

Hoyes said banks make a lot of money off credit cards.

While the prime rate is dropping below four per cent, the mighty credit card remains steady at 18 per cent and shows no signs of ever dropping.

Hoyes said credit cards are a great way to build credit, but only if you're using them for that reason.

"Use credit cards as a substitute for cash that you have, not as a means of borrowing," he said.

The third step in building a good credit rating is to keep all your bills paid.

Credit rating companies will know if you've had a bad history with bill paying. If you can't save money, try to pay the bills. If you find you can't pay the bills, then you have to cut back.

"Live within your means," Hoyes said, adding that students today tend to be more optimistic than earlier generations.

They haven't been through as many depressions and recessions as their parents and grandparents.

"Students need to be realistic about their expectations," he said.

## Three steps to a good credit rating

1. Save money.
2. Get a credit card, but use it as a substitute for money you have, not as a means of borrowing.
3. Keep all bills paid.

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# Save time with a basic workout at home



You can practise a complete, safe workout at home with only a pair of running shoes and a weight.

(Photo by Stacey McCarthy)

**By Stacey McCarthy**

While you may feel that climbing stairs at school is quite a workout, it doesn't fulfill the minimum exercise requirements for a day.

Exercise does not mean a few pushups or sit-ups every other day. It means working the entire body from the heart and lungs to the muscles.

You should get at least 30 minutes of exercise almost every day or every other day if possible. If you can't do your usual regime, practise moderate physical activity. This can include brisk walking, cycling, swimming or doing home repairs

and yard work.

According to the President's Council on Physical Fitness, a U.S.-based fitness research company, in addition to a warm-up and cool down, there are four basic components to a workout:

#### The basic workout

Warm-up (5-10 minutes) - This can include walking, slow jogging, knee lifts, arm circles or truck rotations.

Muscular Strength (two 20-minute sessions per week) - The most effective way to increase strength is weightlifting.

Muscular Endurance (three 30-minute sessions each week) - This

includes calisthenics, pushups, sit-ups, pull-ups and weight training.

Cardio respiratory (three 20-minute aerobic sessions) - This includes brisk walking, jogging, swimming, cycling, rope jumping, rowing and cross-country skiing.

Flexibility (10-12 minutes daily)

- This can include slow, stretching exercises included, either in the workout or cool down.

Cool Down (5-10 minutes) - This includes slow walking, combined with stretching.

#### When to exercise

The Council on Physical Fitness says most people exercise just before their evening meal. Others use late afternoon workouts for a change of pace during the school or workday. Another popular time to work out is early in the morning. Morning advocates claim early-morning sessions help them wake up and give them more energy during the day.

#### Workout schedule

It's advisable to schedule sessions when there is little chance you will have to cancel or reschedule because of interruptions and sudden demands.

Never exercise heavily during humid or hot weather, or within two hours of a meal. Both digestion and heat create heavy demands upon the circulatory system and when combined with exercise they can overload the body.

#### Wardrobe

In addition to a proper exercise program, students should pay attention to the clothing they work out in. Garments should be loose to allow free, comfortable movement.

Instructors recommend you wear lighter clothes than indicated by the temperature. If you are exercising in strong sunlight, wear light clothing to repel the sun's rays and dark clothing in the winter to absorb heat.

If the weather is extremely cold, be sure to wear several light layers instead of one or two heavy ones. Layers will trap heat and as your body generates extra heat during exercise, it's easy to shed one or two of the layers.

It's difficult to determine your initial limits and develop a proper workout. As you begin, it's essential to remember that exercise is an individual activity that varies based on age, sex, heredity, personal habits and eating practices. Therefore, it is up to you to develop a program that is comfortable but challenging.

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**Physical Activity  
How much?  
How often?**



# Winter driving can be demanding

By Tori Sutton

*This is the second in a three-part series on winter car safety.*

Winter can be a challenging season for students who commute. Snow, ice and unpredictable road conditions can put extra demand on drivers and their vehicles.

However, by practising safe winter driving, accidents and other mishaps can be avoided.

According to the Ontario Ministry of Transportation, the three most important things to remember when driving in the snow are to stay alert, slow down and stay in control. Posted speed limits do not always reflect the road conditions, therefore motorists should be cautious when driving in snow and ice.

There should always be a safe distance between vehicles to allow cars to brake. The most efficient

way to brake in the snow is by threshold braking, which involves applying firm, steady pressure to the brakes to avoid locking the wheels. Pumping the brakes or locking the tires can force the car into a skid, which is especially dangerous on slippery roads.

If your car does skid, it is recommended that you take your foot off the brake and shift to neutral, then steer the car in the direction you want the vehicle to go. Once the wheels regain grip, shift to drive and gently accelerate.

Being familiar with road conditions is also crucial to driving safely in winter. Remember that roads packed with snow are just as dangerous as ice covered ones, and that slushy or rain covered roads can quickly ice over. Roads that have been closed should never be driven on. Listening to the radio for road reports can be



Crowded parking lots can sometimes be dangerous in the winter because of the amount of cars in a concentrated area combined with icy pavement.

(Photo by Tori Sutton)

useful in case you cannot take your chosen route.

Although brushing off a car in the cold may not be a favourite pastime, drivers should make sure all lights and windows are completely clear of snow. As well, it is impor-

tant to make sure you do not have snow and slush built up in your wheel wells as it can make the vehicle hard to steer.

Those who feel uncomfortable in the snow are encouraged to sign up for driving classes or refresher

courses. Most driver training schools offer classes at a variety of times.

By staying alert and aware and taking a few precautions, commuters can make it through yet another winter on Ontario's roads.

## Travel firms assist students

By Shannon McBride

Most people love to travel, but not everyone feels like they can afford to. Paying for vacations can seem like a huge expense, especially when you're a student. But there are a few companies willing to help, some designed especially for students.

One of these is Travel Cuts, whose main objective is to help students through the entire travelling process. They've been around for more than 30 years and are owned by the Canadian Federation of Students. Travel Cuts will book your tickets, whether they are train, bus or plane, at the cheapest rate possible for your desired travel time. They supply students with travel ideas, packages and important destination information. They even offer a special student travel card called the International Student Identity Card (ISIC). As long as you have proof that you are a full-time student, you can get an ISIC card for free.

The ISIC card has been around since 1968. It was created by the International Student Travel Confederation and its benefits have been reaped by more than 30 mil-

lion students over the years.

The ISIC card has many perks. It supplies discounts on travel, accommodation, museums and cultural attractions and is the only identification card that is recognized all over the world. In Canada, the card gets you a 40 per cent discount on all VIA Rail trips. You can also get the ISIC World Travel Handbook free. This book provides discount information for ISIC cardholders in more than 90 countries around the world.

With the ISIC card you can also use the services provided with a package called ISICConnect. These services include discount phone rates in 80 countries, free e-mail and worldwide voice mail. Plus ISICConnect provides a service called Travel Safe, a virtual safety deposit mailbox that can be accessed anywhere around the world via the Internet.

Travel Cuts, along with the ISIC card, can save you a lot of money, time and can actually make your trip safer and more enjoyable. They have offices in Waterloo and can also be found at [www.travelcuts.com](http://www.travelcuts.com).

If you'd rather stay closer to home and you want to travel with

your friends or meet new ones, Breakaway Tours may have the trip for you. It is the largest student travel company in North America and expects to serve more than 25,000 students this year. Breakaway Tours offers great rates for students. These rates are possible because the company books entire hotels for a week or weekend and works together with the hotel to serve students needs.

Breakaway Tours provides a great student atmosphere. They give you a wristband at the beginning of the trip that gets you into parties and bars and provides other discounts.

Conestoga students are being offered several packages this year. These include Montreal for New Year's Eve and Daytona Beach for spring break. Contracts are available at the college in the Conestoga Students Inc. office.

In the summer, Breakaway Tours offers several group trips to the Rouge River for white water rafting. If none of the offered packages appeal to you, the company will customize a North American trip for you if you can fill a bus with 45 friends.

## Surveying the campus



Second-year civil engineering students Jordan Wheal, left, Kyle Denouden and Mike Orth were hard at work during class on Nov. 9.

(Photo by Dwight Irwin)

## Travel with the Global Youth Network

By Mary Simmons

How would you like the opportunity to travel and work in Brazil?

Global Youth Network, a non-profit organization based out of Youth With a Mission in Kitchener, is sending a team of students to Brazil for the month of May. The cost is around \$2,500, but the money can be raised through extensive fundraising, for which tax receipts can be issued.

There will be several teams made up of 10 to 15 students from local post-secondary institutions, including Conestoga College, Wilfrid Laurier University, the

University of Waterloo and the University of Guelph. Teams will go to countries such as Brazil, Kenya, Honduras and Venezuela. Each year a different location is chosen for each participating school. Students who join the team study their destination country in preparation for their trip.

Pete Musselman, organizer of the event at Conestoga College, said students can join a team at the beginning of the school year, which meets once or twice a week. It is an opportunity to meet other members, interact and get information.

While in Brazil, participants will work alongside people and organiza-

izations there, assisting in sustainable development projects. Organizations include World Vision, Habitat for Humanity, as well as other non-government organizations.

**"All the trips are for students, led by students."**

*Pete Musselman,  
organizer for Conestoga  
College*

"You connect with whatever organizations are available in your country or region," Musselman said.

The projects are diverse. Musselman said they can include playing with kids in orphanages, working with street kids, building and maintenance work and cleaning. Students are basically extra hands to try and assist the organizations already established in the area.

"All the trips are for students, led by students," Musselman said. "I went to Peru last year and it was amazing. We worked in several orphanages, built mud brick buildings, painted, planted grass, taught English — whatever's needed. I learned more in that month about the real world than anyone can in a lifetime of school."

**Spoke can now be read online!**



For the latest college, entertainment and sports news, as well as games, puzzles, weather and reference links, visit

[www.conestogac.on.ca/spoke](http://www.conestogac.on.ca/spoke)

# Clairvoyance both blessing, curse

## Living with the gift of knowing the unknown can be frustrating

By Daniel Roth

If you've read your horoscopes, and I hope you have, you may have noticed that I have been studying clairvoyance and other paranormal activities for at least three years now.

I have always had an interest in psychic phenomenon and really wasn't serious about it until I was in my last year of high school.

The Ontario Academic Credit (OAC) art course I took consists of 50 per cent art history and 50 per cent hands-on work. The only catch was the students designed what the hands-on work was going to be.

We had to research and create six pieces of work for the year.

I decided to design six large tarot cards, which depicted experience and personal traits from my life.

I did some on my experiences with psychic people, some on paranormal and some on my sign, which is Gemini.

I did very well in the course, finishing with 90 per cent. I was happy with this mark. I was even happier with what I found out about myself.

I visited a friend of the family's, who is clairvoyant, to do some research.

I had visited her before for readings with my cousin.

She is by far the best reader I have ever met. And she is the only clairvoyant (she hates the term psychic) who has been successful at reading my future.

Every time I went to see her she would mention that I would be having strange dreams and would notice strange things happening around me.

She said this for other members of my family also. I just thought we were all a little kooky.

As it turns out she was describing a suppressed clairvoyant gift that runs through my mother's family genealogy.

Both my mother's and father's families have been in Canada for at least 200 years.

All of my ancestors immigrated from Germany, but we don't know much else about them as records are sketchy.

So not knowing how to work this abandoned gift I asked our trusted family reader for advice.

She was more than happy to offer her wisdom along with a few warnings.

I have been honing the clairvoyant ability since then. I am one of the only members of my family to try and really enhance it.

And so far I have been successful.

What you might not expect is that it's not all it's cut out to be.

I am extra sensitive to other's thought and emotions. On top of my own feelings this is often too much to handle.

When I am walking down the hall I can tell if people are honest, trustworthy, sincere, arrogant, etc.

My female friends often ask for help when checking out guys. If



Tarot cards and a quartz crystal ball are tools clairvoyant people use to help others for fun or in need. Most people don't realize that some people who read cards may not need them and can read you just by looking at you. This ability can cause emotional turmoil and can have draining effects.

(Photo by Daniel Roth)

they see someone they really like they are not impressed when I describe some of his negative traits.

I always leave the decision up to the individual. No one has to listen to anything I say.

I don't need any tarot cards, crystals or tea leaves to answer questions. But I think they are fun to use. And I can tell that people enjoy what I have to say.

I am happy that I am able to help

and entertain people. But one thing I am still struggling to learn is how to block the personalities, traits and emotions of others.

I mentioned that I was sensitive to the thought of others. When I say thought I don't know what you're literally thinking. Only the type of emotion your thought is directed.

I can tell if someone is having trouble at home or is struggling in a relationship. I can also tell what

people really think of me.

There are some people in the school who I know from my recent past who have not been too pleasant to me. Either there was conflict between us or they have just been immature about a situation.

Either way when I see them every thought and emotion that I felt during a situation is relived. Vividly.

Often this will put me in a miserable mood for the rest of the day.

My friends will always offer their assistance to make me feel better, but it's hard to make them understand that my own feelings are intensely increased and it takes more than some nice words to make me feel better.

Especially if I know they're just saying nice things and don't really mean them.

I use a great amount of energy and strength to get through each day. I am tired often. I look forward to naptime and going to bed.

But since my dreams are vividly realistic I don't really get the rest I need because my mind doesn't sleep.

I'm telling you this to advise you that there are people out there who are very sensitive to your moods and feelings.

Everyone is entitled to their own thoughts and opinions, however I would like to recommend that people treat each other fairly, and don't judge others.

Not everyone can tell what other people have to go through each day.

## Day of economic disruption in Guelph falls flat

By Julianna Kerr

Perhaps Dylan Thomas said it best. "Rage, rage against the dying of the light." We all need to stand up for what we believe in, and that's just what a group of about 150 protesters attempted to do in Guelph on Nov. 6.

Under the umbrella of the Ontario Common Front, various organizations from Guelph came together to oppose the Tory government under Premier Mike Harris, and those local businesses that support it. Included in the group were representatives from CUPE Ontario, the Guelph Action Network, the Guelph District Labour Council and the University of Guelph Central Student Association.

This "day of economic disruption" as the protesters named it, was based on similar events in past weeks in Toronto, Hamilton and Kitchener. They spent the day marching around the city, attempting to disrupt traffic and business, and splitting into groups to attend rallies both downtown and at the University of Guelph. I had some reservations about heading into the middle of actions that had turned violent in Toronto a few weeks before.

As it turned out, my concerns were for nothing.

Just before 2 p.m., a diminished

number of protesters marched down Guelph's main street, Wyndham, with police following closely behind. The marchers chanted and yelled unintelligible phrases and statements as they interrupted the flow of traffic. The noise brought many business owners and employees out of their stores.

"They've been wandering around downtown all day, not doing much of anything," Terry Leahey said. The downtown merchant said he was not concerned activities would turn to violence. His daily business was not affected in any way.

I walked along the sidewalk beside the protesters, watching police and local merchants respond to the marching.

They were laughing and rolling their eyes.

It was disappointing and almost sad to see a group of young people dedicated to being heard and making a peaceful statement being laughed at by those they were trying to reach. It seemed to me that the only people taking the protesters seriously were themselves.

Sometime after 2 p.m., the marchers met once more in St. George's Square. Police were standing by should anything happen. Nothing did.

I stood there watching them smoking cigarettes and eating apples, and thinking to myself,

these people are my peers, they just want someone to listen to what they have to say. At first, I felt sorry for them because no one seemed to pay them any mind.

And then I started to get a little angry.

The protesters seemed incredibly disorganized. The planned rally and street festival amounted to little more than chanting and milling around. I started to wonder why they hadn't come up with a more effective way to have their voices heard. Or, more accurately, I guess

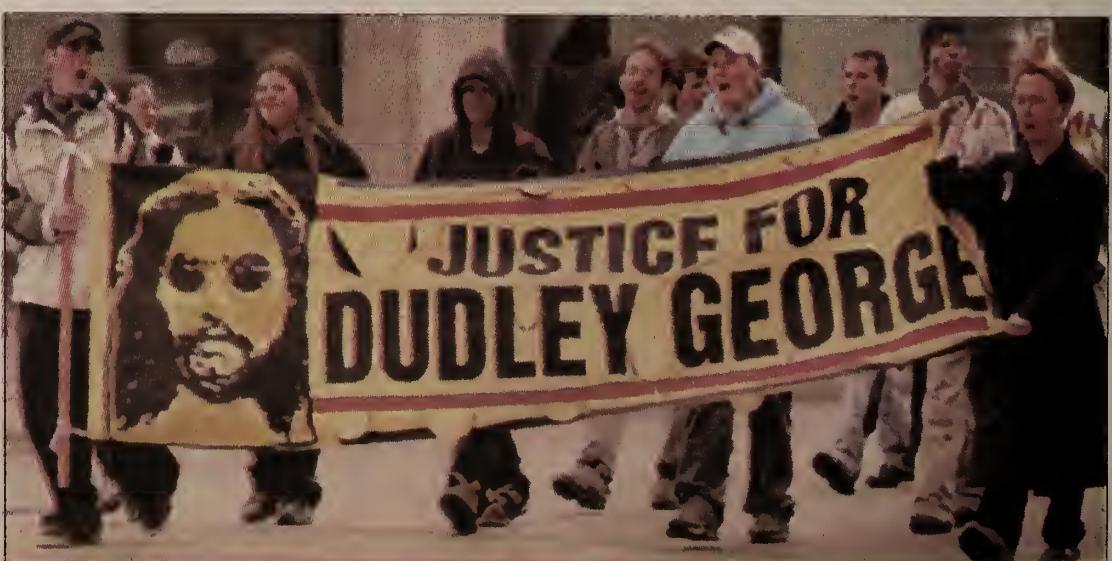
I started thinking all their planning was wasted. They didn't do anything that seemed effective to me, short of annoying a handful of people by making it difficult for them to enter their place of work in the early morning.

And then I heard about the razor blades and the glue. Several protesters poured glue into locks and then stuffed razor blades inside, disabling them in the early morning. This inconvenience for local businesses didn't strike me as a particularly useful or intelligent

way to get any point across.

I think my age group is lacking an important piece of information – you have to respect others if you want them to respect you. It seems to me that this pack of protesters wasted what could have been a great opportunity to voice legitimate concerns on some of our province's issues.

As far as I'm concerned, they were completely ineffective. All you had to do to figure that out was look at the mocking faces of people around them.



Protesters from the Ontario Common Front march down Quebec Street in Guelph on Nov. 5. Marchers were protesting the Tory government under Mike Harris on a day of economic disruption.

(Photo by Julianna Kerr)

# The juice on Viva Café

By Daniel Roth

I was overwhelmed.

I knew a trendy juice bar had opened in University Shops Plaza. But I was not expecting to patronize such a high level café in Waterloo.

Viva Juice Café has only been open in Waterloo since the spring but it has already raised the standards of restaurants in the area.

When I entered the café I felt such a warm reaction, it was like being hugged by the room. Earth tones contrasted by lime green walls and trendy furniture set the atmosphere and local artists are invited to display their work on the walls.

I was thrilled to see some amazing photography from around the world. The black-and-white glossy prints added class to the room.

It only took a few moments before the owner, Carolyn Lovas, eagerly offered to help me.

The juice menu amazed me. It consisted of more than 90 combinations of drinks, all of which are made from fresh, organic, fairly traded, (which means the producer is ethically treated and paid a fair wage for the product) fruits and vegetables.

The menu offered fruit smoothies, shakes, veggie juices, health tonics and drinks for what ails you.

Some of the drinks are formulated to help increase your energy, libido, or memory. Others help to relieve symptoms such as chest colds, hangovers or PMS.

Since I didn't have PMS or a hangover I decided to try one of the health tonics.

I got a Boy's Brew. It's a smooth thick drink consisting of oranges, pears, bananas and Ontario panax ginseng.

I watched Lovas carefully blend the juices and herbs to make my drink.

Then I finally got to take a sip.

There is only one word to describe the flavour, "Wow!"

I couldn't believe that what I was drinking was actually good for me.

It was too good. The texture was smooth as silk and the banana flavour put me in a good mood.

I was unaware Viva also served a variety of meals. Since I was not hungry the evening I went I decided to go back the next day for lunch.

I was greeted with the same enthusiasm at the door when I returned.

I was seated and provided with a unique "build your own sandwich" menu. It was a list of all the available ingredients for your sandwich and you just checked off what you wanted.

I chose marinated chicken breast on toasted sourdough bread with leaf lettuce, black olives and sun-dried tomatoes.

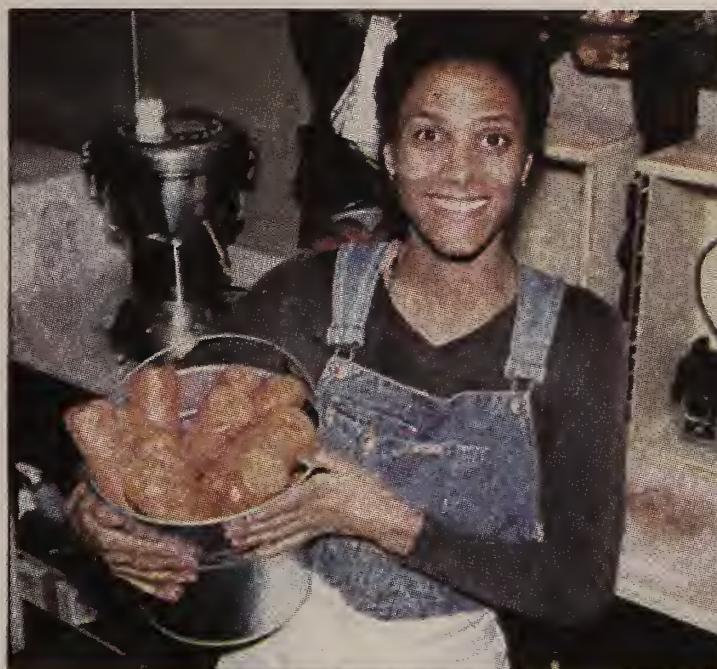
I ordered it with Dijon mustard, mayonnaise, salsa and havarti cheese.

You have the option of getting a bowl of soup with the sandwich but I opted out of the spiced carrot stew or jambalaya they offered that day. It looked amazing but I didn't feel like soup.

The drink I ordered was equally as good as the one I had the evening before. This time I chose the Grand Bend Sunset.

It was a mix of strawberries, oranges, cantaloupe and ice.

The flavours were not as subtle in this drink. The different fruit flavours fought to be the dominant taste in my mouth, making it very refreshing.



Carolyn Lovas, owner of Viva Juice Café, holds a bucket of large organic carrots that will be turned into juice. She uses roughly 50 pounds of carrots everyday.

(Photo by Daniel Roth)

The cook promptly brought my order to me.

I worked in a deli for years and this was by far the most exotic sandwich I had ever tasted. The flavours burst in my mouth and left a nice aftertaste.

The chicken breast was marinated in orange juice and was seasoned with many herbs and spices. It was like nothing I had ever tasted before.

I noticed the various types of food being served to other patrons in Viva. The different meals were all freshly made and looked equally as tempting.

The sandwich was enough to fill me up. Both times I finished visiting Viva I felt happy and energized.

The meals and juices were fresh and tasty.

When comparing the prices to other restaurants in the area you may think they are a little more.

But when you consider that all the produce is fresh, organic and fairly traded it is well worth it.

If you compare the prices to those of similar restaurants in Toronto, they are by far less expensive.

Since my visit to Viva I have told at least 20 people about how amazing it is.

Finally, there's a local café that puts a lot of effort into healthy food and beverages.

Viva Café moved to Waterloo from Stratford, so it is not a new business. I am sure it is going to be a huge success in this area.

I can hardly wait to return.

## Fresh juice refuels body

By Daniel Roth

Viva Juice Café is unique to the area in the sense that there is virtually no competition. It also stands apart because it takes pride in the quality of ingredient it uses in the products it serves to its customers.

Owner Carolyn Lovas prides herself on being able to serve products that have been organically grown and purchased from farmers who have been paid fairly for their work.

Such products include the fairly traded coffee.

"Fairly traded is an international organization that ensures the grower gets a fair wage for his labour as opposed to the middleman," she said.

All the products are organic and are bought locally whenever possible.

Fresh juice is an excellent way to refuel your body.

Since all of the fruits and vegetables used at Viva are pesticide-free you know there is no chemicals or preservatives entering your body.

If you are interested in ensuring your body is getting all of the nutrients it needs it is best to drink the juices right away, since it is highly perishable.

But there are ways of storing the juice to help preserve its benefits.

Lovas recommends three different ways to store fresh juice.

The first is to keep it in the refrigerator in a dark pre-chilled bottle. Or keep the fresh juice in a pre-chilled thermos. The last way to preserve your juice is to store it in the freezer.

"The process of freezing and thawing your juice will destroy some fragile vitamins and enzymes," she said. "But frozen juice is still better than bottled juice you buy in the store."

## Wholesome toys popular this Christmas

By Marcy Cabral

Thirty-five days until Christmas and the malls are filled with people hustling and bustling to find the perfect gifts.

According to PlayDate Inc., a private marketing group, this year's hot buys include wholesome toys and highly awaited computer and video games.

Since the Sept. 11 terrorist attacks, there has been a sharp increase in non-violent, traditional toys and toy retailers believe the Christmas season won't be any different.

PlayDate's top toy pick for the season is Lego's Bionicle, a line of traditional old-school action figures. The new Lego line allows children to build the characters before they can play with them.

Also on this year's top picks list are Mattel's Jam 'n Glam Barbie, Nutcracker Barbie and Polly Pocket dolls; last year's hot educational toy, LeapFrog's LeapPad

electronic reading toy, which teaches children how to read and sound-out words; Hasbro's Tonka Dusty My Talkin' Electronic Tool Bench, incorporates all the sounds of workbench tools and even reminds children to wear the included safety glasses; characters from the current top movie in the U.S., Monsters Inc.; and Billy Blazes, the action figure firefighter, with all proceeds donated to New York fire departments.

For video-game lovers, retailers are estimating Sony's PlayStation 2 game console will beat out Nintendo's GameCube and Microsoft Xbox to take the top electronics spot. Also for PlayStation 2, the expected top pick video game Metal Gear Solid 2: Sons of Liberty, a stealth shooter game, is a sure thing to be seen on Christmas lists this season. But also included on the list are older non-violent games such as Super Mario Advance, Jimmy Neutron: Boy Genius, Luigi's Mansion, and Madden 2002.

The Ontario Clean Air Alliance (OCAA), has issued numerous press releases through Queen's Park regarding the Environmental Protection Act. According to the OCAA, industrial smog kills 1,900 Ontarians a year and costs the provincial economy \$9.9 billion a year.

## Environment Act needs shaping up

By Stacey McCarthy

According to Environment Canada we have something called the Canadian Environmental Protection Act.

I had never heard of the act, quite possibly because it is so rarely used to help protect Canadian citizens.

Any records of violations are hard to find and largely incomplete.

Percentages and actual emission totals for companies are unavailable, as is information on follow-up investigations of polluting companies.

In fact, any information that might indicate positive progress of the Environmental Protection Act is almost nonexistent.

It is a lot easier to locate bad press about environmental progress.

The Ontario Clean Air Alliance (OCAA), has issued numerous press releases through Queen's Park regarding the Environmental Protection Act. According to the OCAA, industrial smog kills 1,900 Ontarians a year and costs the provincial economy \$9.9 billion a year.

This expense is occurring year after year despite introduction of hydro and wind turbine technologies.

Companies are choosing not to use this new technology because initial expenses for implementing it far exceed those for keeping coal burners running.

According to the OCAA, Lakeview Power is one of the best examples of inadequate implementation. Lakeview is the largest source of nitrogen and greenhouse gases in the Greater Toronto Area.

On March 26, the Ontario environment minister said Lakeview was to stop burning coal and implement natural gas efficiently by 2005.

On July 3, the minister dropped the efficiency requirement, allowing Lakeview to burn gas in their boilers forever.

As well, in 2000 the Ontario Power Generation's gas emissions knowingly exceeded their provincially set limit by more than 49 per cent.

That is equivalent to driving two million more cars on Ontario highways.

The purpose of the

Environmental Protection Act is to allow officials to regulate emissions, set levels and issue penalties.

However, the emission limits are flexible, levels are set habitually high to appease companies and penalties are like expensive parking tickets.

Another problem lies hidden within the act itself. There are many repetitions of the words, "reasonable," "serious," and "dangerous."

These words are subject to considerable interpretation. What is considered reasonable or dangerous varies from one provincial inspector to another.

The OCAA states it is obvious that relying on good faith to reduce emissions isn't working. Enforced regulation is required, as well as clearly stated limits on emissions that are binding and punishable.

Those who put the time and effort into the Environmental Act obviously had their hearts in the right place.

The full law is detailed and fairly strict, but still needs work on proper implementation techniques.

# Fashions changing with season

By Laurie Vandenhoff

As the temperature continues to drop, the sights and sounds of winter are beginning to appear around Conestoga College. Boots, being one of them, can be seen on students on campus.

"Boots are a big fashion statement this year," said Lisa Lemire, an employee at Feet First in Fairview Park Mall.

An array of styles and trends are available in shoe stores throughout the Kitchener mall. Ankle heights, knee-highs, synthetics and leathers are a few of the choices shoppers have this year.

"This is a broad season," said Sally Lowens, manager of Transit in Kitchener.

However, popularity among styles varies from store to store. At Transit, a lot of people are going for the "heavy, chunky wedge in a tall boot," said Lowens.

At Lemire's store, Feet First, only several people have purchased the knee-length style. "A lot of people have been going with the three-quarter or ankle-length," she said. "People are realizing they don't have to go high to look dressy."

Another popular element this season is the shape of the toe. "Pointy

toes are in," said Maranda Howie, an employee at Aldo in Kitchener. This is a very feminine look for boots.

Students at the college agree that knee-high lengths are in, but a lot said you have to be careful how you wear them.

"I love them, I have a pair," said Sara Mitchell, a second-year police foundations student. "But I only like to wear them under my pants."

Jen Neeb, a second-year nursing student, agreed. "They are too dressy for school," she said. They are especially unpractical for nursing students who have classes in labs.

While women's styles seem to attract greater attention, men's styles cannot be ignored.

"Men are not big boot people," said Lemire, adding, "all men's styles are ankle height."

At Transit, employees have noticed a drop in men's sales. This is blamed on the recent development of mad cow disease, said Lowens. This has created higher prices and lead to synthetic styles, which are not popular among men.

However, synthetics are acceptable for women's boots. "Women are more willing to wear them," said Lowens.

They also work for women with



Jen Santos, a first-year law and security student, wears one of the most popular styles of boots this season. The chunky, wedged boot is especially popular for dressy looks.

(Photo by Laurie Vandenhoff)

small calves, said Howie. Leather can be a problem because it is too loose and uncomfortable. The synthetic materials provide comfort and flexibility for unusually shaped

calves.

Changes in boot styles this year have only added to the growing number of looks that have emerged over the years. A glance at the history of the boot shows how they have surfaced from practical clothing element to status symbol.

"The oldest boots in the world come from a clay impression originating in ancient Syria," said Cameron Kippen, of Curtin University of Technology, in his research on the history of boots, adding, cave paintings in Spain dated between 12,000 and 15,000 BC, show men and women wearing boots.

However, their greatest attribute is their association with war. Throughout history, boots were the most practical form of footwear for soldiers. This was their ultimate purpose until they were viewed as a growing trend of the social elite.

Since then they have become a fashion statement. According to Kippen, examples of this date back as far as the Middle Ages.

While there have been a number of styles throughout history, the last 50 years have seen the most radical changes, especially the '60s.

"With the introduction of the

mini in the '60s, women's legs were more exposed and fashion designers created ankle- and knee-length boots to accentuate the new look. Thigh high boots enjoyed a degree of popularity too," said Kippen.

"The youth of the decade's preoccupation with promiscuity meant instant success for these go-go boots," he added.

Changes in the world economy have also had an effect on boot styles. One example of this is the U.S. oil recession of the '70s

"Expensive boots fell from fashion," Kippen said. "Doc Marten boots meantime became popular with both sexes and were associated with the alternative punk movement."

Also popular during this decade was the infamous platform shoe worn by glam rockers of the decade. "ABBA took the new platform boots to knee and thigh extremes," Kippen said. Made in all sorts of material synthetic, the fashion passed with the death of disco."

Fortunately the boot did not die with it and will continue to dominate for years to come. Lowens said shoppers can look forward to more colours and a lot more weave styles next year.

## Welding students win cash awards from Praxair

By Nicole Childs

Two welding students at the Guelph campus of Conestoga College are the first-ever recipients of \$500 awards for academic excellence, sponsored by Praxair.

Bill Gates, the Kitchener-based territory manager for Praxair, presented the awards to Jason Wagg and Chris Kuntz on Oct. 25 at a special gathering of welding students, faculty, college officials and industry representatives.

Praxair is a multinational company that supplies the industry with atmospheric, process and specialty gases, high-performance coatings, and related services and technologies.

Wagg and Kuntz were chosen primarily because they had the highest academic standing over a full year of program studies.

Wagg is in his third year of the welding engineering technology program but earned his award for his performance in his second year of study.

He plans to put his \$500 towards his education at Conestoga.

"It was an honour to receive the award and was certainly one of the many highlights of my college career," said Wagg.

Kuntz is currently in his second year of the same program, and

won the award for the achievements he made during his first year of study.

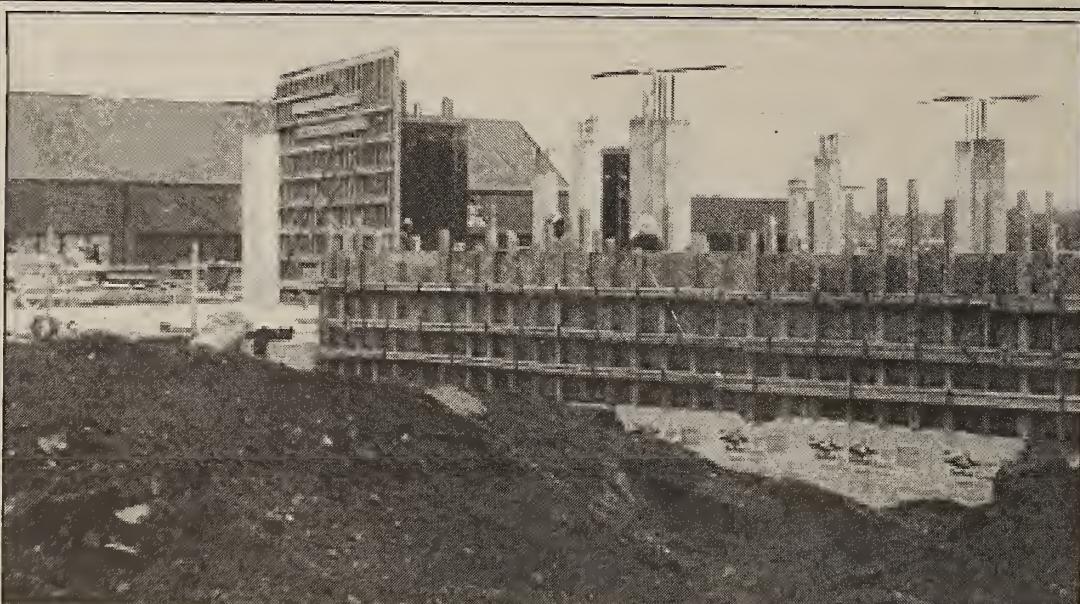
Members of the program advisory committee for the welding engineering technology program were in attendance as well as many industry representatives including ESAB Welding and Cutting Products, Panasonic Factory Automation, Lincoln Electric, Budd Canada and Praxair Products Inc.

According to Karsten Madsen, program co-ordinator for the welding engineering technology program, five industrial partners were thanked for the nearly \$300,000 worth of new welding technology and robotic systems they have provided for the college's Guelph campus shops and labs.

"This is particularly noteworthy, coming only a month after our last reception for CAMI Automotive who have donated two robotic systems to our welding technology labs."

"In all, industry has invested more than \$400,000 over the last year in welding and robotic technology at the Guelph campus, a significant investment indeed," said Madsen.

Presentations were made to each of the company reps by John Tibbits, president of Conestoga College.



(Photo by Tannis Wade)

## Construction continues



(Photo by Sarah McGoldrick)

Workers continue construction on the Superbuild project at Conestoga College's Doon campus. Construction is expected to be completed by September 2002.



(Photo by Sarah McGoldrick)

# Grass always greener at Conestoga

By Janine Toms

Some brands of toothpaste and hairspray are more harmful than pesticides used by the college said Barry Gurski, a certified horticulturist and physical resources worker at Conestoga College.

**"Reducing pesticide use makes us better stewards and neighbours."**

Barry Milner,  
manager of  
physical resources

Gurski, along with Pete Schlei, lead hand of recreation and a groundskeeper at the college, regularly attend information sessions on legislation and on studies conducted by the government and local organizations.

Pesticide use at the college has become a last resort in maintaining

the appearance of the school property said Barry Milner, manager of physical resources at the college.

Many of the sprays used are the same kind purchased at a local nursery.

Conestoga College has integrated a pest management program for pesticide use on its property. The plan, designed and implemented by physical resources, combines the current trends addressing health concerns with environmental issues and costs in respect to pesticide use.

Ten years ago, the school allocated \$10,000 of its annual budget to the maintenance of campus grounds. In the year 2001 only \$200 was spent to maintain the same amount of land.

"Reducing pesticide use makes us better stewards and neighbours... we are doing many great things," said Milner.

Physical resources use herbs like a product made from pepper to deter squirrels from destroying the school's flowerbeds.



Barry Gurski, a physical resources worker at Conestoga College, pulls an aerator behind a tractor reducing weed growth and enhancing grass development by giving oxygen to the soil.

(Photo by Janine Toms)

## HEALTH CARE TIP



## WEIGHT CONTROL

Need to lose some weight? Follow Canada's Food Guide and try cutting down the overall number of calories in your diet, particularly those that are high in fat. Remember to exercise and weigh yourself regularly and above all give yourself a pat on the back for each pound that you lose.



St. John Ambulance

## Healthy eating... regular physical activity



## THE BEST STUDY TIPS

*Successful students use a variety of techniques for identifying important information and committing it to memory.*

1. **Find a place that helps you focus.**
  - If you are the kind of student who can't study in complete silence, go to the local coffee shop to study. Yes, it's busy and noisy, but some people can accomplish more in that environment than being in their room.
  - If you find these areas to be teaming with distractions, and you are really serious about absorbing and retaining information, find the most remote, quiet place around.
2. **If you find yourself getting frustrated.**
  - Whether it's Math or French, push your books out of the way and relax.
  - If you're at home, go to your room and lie down. Don't sit in front of the TV, otherwise you will find yourself too distracted.
3. **Rewriting notes OR typing notes.**
  - Really helps to remember information.
  - Slowly you can compact your semester's worth of notes, writing/ typing, re-writing them again until you have a compact group of the most important ideas covered.
  - By the time you are done, you are ready for the final.
4. **Try this trick.**
  - Wherever you are, even in the middle of a test, if you feel yourself getting uptight and nervous.
  - Close your eyes and consciously control your breathing.
  - Slow yourself and your breathing down, use visual imagery to take you to a relaxing place.
  - One or two minutes of this will calm you down enough to finish what you are doing with a fresh mind.
5. **Give your eyes a rest.**
  - When reading through text material, set your watch alarm for 45 minutes and take a break, making sure to focus far-off in the distance.
  - Your eyes are muscles and you need to give them a chance to look somewhere other than 18 inches away.



For more information on this technique and other learning and study strategies, contact Student Services, 2B02, for an appointment.

# Examining the sacred balance

**David Suzuki's new book looks at man's adverse effect on the environment**

By Sarah McGoldrick

As the world continues to face an uncertain political future, the grim environmental future tends to be forgotten.

The Sacred Balance by David Suzuki looks at the world and its environment from the dawn of time and looks at how man has had an adverse affect.

Most of us know Suzuki as the host of the news-magazine TV show *The Nature of Things* and as a reoccurring ecological educator on *Sesame Street*. In *The Sacred Balance* he continues to share his knowledge of the environment

and how to protect its fragile existence.

Each chapter opens with a quote from a prominent biologist, environmentalist or philosopher which continue throughout the chapters. Each one offers shared views and perspective on the global environmental condition.

Suzuki begins his book with man making an appearance on Earth, surfacing from the sea and transforming into who we are today. With this step we begin to alter the environment.

Mixing scientific fact with traditional beliefs allows the reader to make sense of how Suzuki and

colleagues have made their conclusions.

Written like the layers of the rainforest, Suzuki brings to the readers' attention the different ways in which we are connected to the rest of the world and in fact the galaxy.

Humans begin as little blobs in the ocean, carrying this water with us today. He then defines our connection to the land, the air, fire and each other.

Perhaps one of his greatest examples is how we are connected by the particles which we breathe. He says for a non-specific time these particles live in the air, making it

possible to take the same breath as someone a thousand years ago.

Suzuki uses man's own curiosities and fears to bring home the message of protecting the environment, which he has tried to do for decades.

Adding to his original message is the final chapter on repairing damage which has already been done. He offers simple day-to-day solutions to preventing and fixing ecological mishaps. These things he admits to practising, adding to the book's personal approach of finding a solution.

The Sacred Balance is a well-written and poignant study of the

world's current environmental condition as well as a window into the future. Suzuki presents his findings in both scientific and layman terms, never straying from the premise of the book, save the earth.

Through the examples of present and past man-made ecological disasters, he makes the reader aware of their role in the world.

The Sacred Balance is a modern day prophecy of what is to come, with the added offering that the future can be altered.

The Sacred Balance is available through Greystone Books or at your local bookstore.

## Hypnotist entertains with X-rated show

By Tannis Wade

Hypnosis is defined by Oxford Dictionary as a sleep-like state produced in a person who is then very susceptible to suggestion and acts only if told to do so. That is exactly what happened Nov. 7 at Stages night club for the Tony Lee show.

A full school bus left Conestoga student residence at about 9:30 p.m. to head to downtown Kitchener. During the ride people discussed whether they were going to go on stage or not. After arriving there was about a 30-minute wait before Lee took over the floor.

**"It was like I was watching myself on television. I could see what I was doing but I couldn't stop myself from doing it."**

*Mike Murphy,  
hypnotist volunteer*

The show started with an intricate mix of lights and sounds as he made his entrance onto the stage. Dressed casually in black jeans and a T-shirt, he was definitely not the stereotype of a typical hypnotist. When asked for volunteers about 15 people rushed up to fill the empty chairs on the stage.

Lee asked for the crowd to be quiet during the regression to relaxation. The lights dimmed and ocean sounds filled the room. Their heads began to fall against their chests as the keen volunteers started to feel ultimate relaxation. It was obvious which participants were affected more by their posture and body language.

For a while Lee's voice could be heard but he was nowhere to be seen. Finally he was spotted carrying at least three full shot glasses and handing them out to audience members. He didn't miss a beat as he clinked glasses with the group and gulped the shot down. Wiping his mouth and cringing slightly, he proceeded up to the stage and con-

tinued with the regression.

Though Lee is known for being an X-rated hypnotist, he started off tame. He did the typical temperature change to a beach setting and the subjects started fanning themselves and wiping away imaginary sweat. A few minutes later they were shivering and cuddling their neighbour for warmth as Lee took their minds to a cold place.

Once it was clear the subjects were fully hypnotized, Lee got a little more racy. The mostly male group of volunteers had to stand in a line and answer truthfully the ultimate question, does size really matter. They were forced to provide a valid reason for their decision before they could sit down. Answers ranged from, "It's how you use it that matters," to "It doesn't matter because my girlfriend told me so."

The crowd roared as sexy stunts were pulled including one man who pulled down his pants and moaned the crowd every time the crowd shouted "Stages."

"It was like I was watching myself on television," said Mike Murphy who readily volunteered to take part in the show. "I could see what I was doing but I couldn't stop myself from doing it." Murphy, who claimed to have a "package the size of a moose," loved taking part in the event.

By the end of the nearly two-hour show people were walking around with underwear on their heads thinking they were hats.

In order to get out of the hypnosis the volunteers had to come up on stage and shake hands with the cameraman who was filming the event for television. Once they did that they would remember everything they had just done and fall to the floor with laughter. The strange part was the people who were wearing the underwear on their heads still thought they were hats.

Buses left Stages right after the show, at about 12:20 a.m., and again at about 2 a.m. This gave students the opportunity to stay at the nightclub and enjoy the rest of the evening.

## GET A HEAD-START

### On Your NEW YEAR'S RESOLUTIONS

Y O U C A N

H A V E I T A L L



Enjoy unlimited career options with our comprehensive programs. You'll gain real-world, practical skills – starting this January – essential for your future in:

- Business Administration & Operations
- Computer Programming & Maintenance
- Engineering Technology
- Health Sciences & Child Studies
- Hospitality & Tourism
- New Media & Communications

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## New horror film a must-see

By Michelle Goring

One of the most frightening movies to grace the big screen for years, 13 Ghosts is a masterpiece of a horror film.

A state-of-the-art remake of the classic William Castle movie, the film's level of gorniness and unpredictable fright scenes are beyond compare.

The movie is about the Kriticos family who experiences sudden tragedy with the death of Jean (Kathryn Anderson), wife of Arthur (Tony Shalhoub, Men in Black) and mother to young Bobby (Alec Roberts) and Kathy (Shannon Elizabeth, American Pie 2). She perishes in a fire that leaves the family in financial ruin.

The family soon learns that Arthur is the sole beneficiary of his estranged uncle Cyrus (F. Murray Abraham, Finding Forrester), who Arthur has not seen or heard from for years.

The inheritance includes the uncle's large house, which is made entirely of glass.

The Kriticos family, along with their nanny Maggie (Rah Digga), is eager to take ownership of the house and begin a new life.

However, they soon find out the house is much more than meets the eye.

A psychic ghost hunter (Matthew Lillard, Scream) who had worked with the late uncle



Cyrus joins the family and warns them of the dangers of the house.

The family learns the house is not a house at all, but a gigantic machine created to open the gates of hell.

The basement is a large containment unit that harbours 12 deadly entities needed to power the house's transformation.

When the family realizes the danger they are in, the machine house is activated, trapping them inside.

The family is suddenly caught in a frantic race to stop the house and defend themselves against the 12 crazed entities that will stop at nothing to kill them.

The beginning of the movie sets the perfect mood for the rest of the film.

Cast in a dark and eerie junkyard, the gore scenes are shocking and immediate which sets the pace for the rest of the film.

The level of gore is unmatched as mutilated bodies and waves of blood are seen frequently throughout the film.

The most impressive part of the film is the ghosts themselves.

Each ghost has its own background and description of its gruesome death.

According to the official movie Web site, www.13ghosts.warner-bros.com, the personalities of each of the ghosts was created before the physical appearances of the ghosts were even considered.

The Web site contains the names and description of each of the ghosts which include: The First Born Son, The Torso, The Bound Woman, The Withered Lover, The Torn Prince, The Angry Princess, The Pilgrimess, The Great Child and The Dire Mother, The Hammer, The Jackal, and The Juggernaut.

The special effects used to create the movement of the ghosts create a horrifying display of dismembered bodies and terrifying movements that only the latest technology can provide.

The house itself is impressive as its futuristic look is unlike any other created for a horror film.

It is pristine and clean with no cobwebs hanging from doorframes or bats looming in the dark.

This movie is a must see for horror fans. Those who are easily spooked should probably wait to see the movie on video so the lighting can be nice and bright.

### HOROSCOPE

By Daniel Roth

Week of November 19-25, 2001

Happy Birthday Scorpio and Sagittarius!

Your friends and family will be in close contact with you on your birthday. Your family may be helping you out financially. If unexpected money does come your way, look into investing it.

**T** Aries: March 21 - April 19

A friend may be withholding information from you. Listen to your intuition when dealing with people, it will guide you in the right direction.

Luckiest day: November 25.

**O** Taurus: April 20 - May 20

You will be a mediator this week as you will be able to balance both sides of any situation. You may also find yourself negotiating financial matters.

Luckiest day: November 20.

**I** Gemini: May 21 - June 21

Your attitude towards money and material possessions will be heightened this week. A sudden change in your everyday life will take you by surprise.

Luckiest day: November 24.

**S** Cancer: June 22 - July 22

Your mood swings may be intensified this week. If at all possible avoid blowing off steam at people who are close to you.

Luckiest day: November 24.

**L** Leo: July 23 - August 22

You are approaching the end of a long battle, which has made you tired emotionally and physically. Focus your energy on something new.

Luckiest day: November 24.

**V** Virgo: August 23 - September 22

All of your hard work has paid off. You will feel fulfilled and have a great sense of achievement this week.

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PARTICIPATION



Although large video rental stores like Blockbuster and Rogers offer more copies of new releases, smaller independent stores like Steve's TV (shown here), offer lower prices with a good selection of videos.

(Photo by Julie Graham)

located on Regina Street in Waterloo, offers all of their one-night movie rentals for \$4. Gen-X specializes in carrying every movie genre, including rarities and foreign films. The store also offers movie memorabilia, posters and magazines.

Marg Green, manager of the video store at Steve's TV, said she receives positive feedback from customers regarding their low prices.

Green also said Steve's plays off their strengths when competing with the bigger video rental stores. "Because we're an independent store, we can react faster to the marketplace because we don't have to deal with a head office," said Green. A manager from a Kitchener

Blockbuster, who did not want her name released, said the staff doesn't usually receive positive feedback from customers. A disadvantage with independent video stores may be that they do not carry the number of new releases like Blockbuster or Rogers. However, stores like Steve's TV offer thousands of VHS and DVD movies for sale, and the unavailable movie will usually be available upon returning to the store.

There are also a lot of convenience and variety stores to rent videos from. Although they may also have a smaller selection, the cost for the video is usually \$3 to \$5.

The next time you rent a video, try one of the smaller video stores for a change and save some money.

Luckiest day: November 19.

Libra: September 23 - October 22

A colleague who is trustworthy, innovative and energetic will help you out of a slump. This person will help you see the bright side of things using humour and energy.

Luckiest day: November 20.

**m** Scorpio: October 23 - November 21

A wise and supportive friend is guiding you in the direction your life needs to go in. The foundations for your future are being constructed in the next little while.

Luckiest day: November 20.

**s** Sagittarius: November 22 - December 21

If you are feeling as though you have lost a belief or a trust in a person rest assured that it will be restored. Things will be better towards the end of the week.

Luckiest day: November 22.

**c** Capricorn: December 22 - January 19

A true friend will be helping you through tough times. They will do everything they can to ensure you are happy and successful.

Luckiest day: November 22.

**a** Aquarius: January 20 - February 18

Conflicts and competitions are likely this week. If you are unsure about the direction you're headed don't panic, things will be clearer later on.

Luckiest day: November 24.

**p** Pisces: February 19 - March 20

An uphill battle to achieve your goals is likely this week. But don't burn yourself out trying to reach for goals that are unobtainable.

Luckiest day: November 19.

Daniel Roth is a second-year journalism student who has studied astrology and other clairvoyant issues for three years.

# Entertainment

## Temptation Island's back

By Denis Langlois

Pack your bags and get ready to take part in a journey of a lifetime. The only catch is you will have to leave the person you apparently love and spend time with 13 sexy singles. Sound simple enough? Welcome to the second instalment of Temptation Island.

The newest series, Temptation Island 2, takes place in Playa Tambor, Costa Rica and involves four unmarried couples being separated from their partners in an effort to discover if their love is true or if there is someone else for them.

The couples this time around are: Edmundo and Catherine; Genevieve and Tony; Thomas and Nikkole, who have all been together for three years; and John and Shannon, who have been together for 10 months.

During the first episode, the men in relationships get to vote off one single male they find to be the most threatening. The women do the same. After this, each person gets to block one single who will therefore be unable to date their partner.

Throughout the show, the couples get to go on dates with some of the singles to see if there is a connection greater than the one they have with their partner.

At the end of many of the episodes, the couples get to find out what happened to their partners during their dates with the singles.

During the last episode, each person will get to go on a hot date with a single of their choice.

After the steamy dates the couples then get to decide if they want to stay together or call it quits.

This show is certainly unique and many viewers tune into the series every Thursday at 9 p.m. on Citytv to see what the couples are doing to betray their partners this time.

This show seems to be aimed at anyone who enjoys looking into other people's lives and seeing what trouble they get into next. It may also appeal to those who want to see if their own relationship is true or those who just want to look at the sexy singles on the show.

Temptation Island 2 is worth seeing because it is trash television at its best. If you just want to relax and take your mind off the stresses of your day than this show is for you.

It is not reality as the genre suggests but an escape from the real world, an escape many of us crave and need.

The newest Temptation Island promises to be better than the last because the couples this time are more dedicated to finding out who is right for them.

Temptation Island 2 is steamy and hot, but is it morally right? Is experimenting with other people while in a relationship the best way to find out if your partner is right for you?

With all questions about the show's principles aside, it is definitely popular. In last year's Nielsen ratings, Temptation Island had about 11.5 million viewers tuning in. Although the official results of this year's ratings are not yet available, Temptation Island 2 is Citytv's most popular show.

## Is Michael still King of Pop?

By Kathleen Deschamps

Michael Jackson. Fifteen years ago people would think of the hits and the moonwalk, but today many just think of the scandals.

With the release of his latest album of new music in more than six years, Jackson is now trying to prove his status as one of today's best artists.

Many though can't listen to the music without thinking about his personal problems and physical looks.

Jackson was born in 1958 into a

musical family. At the age of five he began singing with his four older brothers in the Jackson 5. The family became national stars with number 1 hits, including ABC and I'll Be There.

His first solo album was Off The Wall, which came out in 1979. This was the first album ever to have four number 1 hit songs.

To many people, this would be enough career success for a lifetime.

Jackson followed that up though with the biggest album of all time, Thriller.

It sold more than 51 million records. The video for Billie Jean was the first video played on MTV that featured a black artist.

Throughout his hit-making career though, many remember what went on behind the curtains.

In the early '90s, it was speculated that Jackson had affairs with young boys. One sued Jackson and received millions to keep quiet.

His plastic surgery also made it into the news. It is speculated that he has had more than 11 nose jobs, and has dyed his skin white.

The rumours about Jackson have

significantly affected his album sales.

In 1995 Jackson released HIStory, which had much lower sales than anticipated.

This year Jackson is releasing his sixth solo album titled Invincible.

He is also celebrating his 30th anniversary as a solo artist.

He still calls himself the King of Pop, but many have anointed new ones in his years away from the spotlight.

It is now up to the fans to see if he is still one of the greatest musical performers of our time.

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# Entertainment

## Experience Utopia at Nov. 29 event

By Nicole Childs

Conestoga Business Students Association is at it again with another student event. Utopia, defined as an ideally perfect place especially in social, political and moral aspects, will be the theme for the new event being held Nov. 29 in the Sanctuary.

Utopia is presented by Man, Myth, Legend Productions and will feature music from three computer programming analyst students. Dave Newman, Dave Shepherd and Wes Mcleod come together to create L'eau and provide the music for Utopia. Each disc jockey brings his own sound: Dave Newman focuses on euro-electronic, Dave Shepherd focuses on ambient and Wes Mcleod brings the underground. Euro-electronic music, ambient music and underground music blend to create L'eau, which will be the musical styles for Utopia.

Newman, Shepherd and Mcleod have a radio show Thursday nights from 7 to 9 p.m. where you can hear their unique mix.

John Beechy, president of

Conestoga Business Students Association (CBSA), hopes that Utopia will be an event that all can enjoy.

**"If we're going to have a Utopia, we can't alienate anybody."**

*John Beechy,  
Utopia organizer*

Last month's Biz Bash was good, but unfortunately the under-aged student population was unable to attend. Utopia is a chance for students of all ages to get out and have the same kind of fun. Like the Biz Bash, the aim of Utopia is to help people have a good time and meet new people. Beechy hopes to have free pool and possibly foos ball. He also plans to hold tournaments and hand out prizes for the top winners.

Daniel Roth, a second-year journalism student will be performing tarot card readings at the event.

Beechy has a surprise in store but would only say, "The fish are coming."

Unlike the Biz Bash, Utopia will not feature a Bump 'n' Grind contest or any contest like that because it alienates people.

The main idea behind Utopia is unity and all contests or activities will promote that idea.

"If we're going to have a Utopia, we can't alienate anybody," he said.

According to Beechy this is the first event that has ever been held in the Sanctuary. It fits well with the Utopian theme because the Sanctuary is seen as a safe haven for many students and an escape from school. It is small and familiar so it is also a bit more intimate. Beechy also hopes to have another first with plans to have L'eau go live to air from the Sanctuary.

Because it is well before exams and not too close to the end of the semester Beechy thinks Nov. 29 is a good date for Utopia and expects a good turnout. "It lifts the spirit of the soul," he said.

Admission prices for Conestoga students will be \$1 or a non-perishable food item for the food bank. Visitors will pay either \$2 or two non-perishable food items.



Students involved in the planning of Utopia are, clockwise from front left, Dave Shepherd, John Beechy, Wes Mcleod and Dave Newman. Shepherd, Newman and Mcleod will be providing music for the event, which is being held by the Conestoga Business Students Association.

(Photo by Nicole Childs)

## Heist is a thriller

By Lisa Hiller

Pulitzer Prize winner and Oscar nominee David Mamet writes and directs a mastermind of a thriller that I thought moved slow at times, but was still interesting to follow and intelligently written.

Heist will attract many middle-aged and older viewers as well as those who enjoy serious and intelligent movies.

Gene Hackman (Heartbreakers) plays Joe Moore, a thief whose life becomes difficult after he is videotaped on a secret camera during a jewelry store robbery.

His fence Bergman (Danny DeVito) refuses to give Moore and his gang their cut until they do one last job for him. Moore and his two partners are now broke and betrayed, having been forced to complete this last job of robbing a Swiss cargo plane.

Now Moore has to pay his partners to do the job and deal with Bergman's young lieutenant, who is trying to double-cross him.

This well-done movie also stars Delroy Lindo (The Cider House Rules) and Ricky Jay as Moore's partners. Sam Rockwell plays the young lieutenant trying to outsmart the veteran thieves.

Rebecca Pidgeon plays Moore's wife possibly seeking greener pastures.

What happens when you know you are being played? You play that person back. Heist is typically a smart game of cat and mouse involving minds, not guns. Who will outsmart whom and who will come away with the gold? It all comes down to which pieces of this suspenseful puzzle fit together the best.

Heist is an excellent and smart, although sometimes deliberate and slow-moving thriller.

## Gays still face stereotypes

By Kathleen Deschamps

Most people walk down the street and don't think twice about holding their partner's hand. However, some couples are still ostracized for their public displays of affection.

Over the past several decades, society has come a long way in the negative stereotypes towards gays and lesbians. However, as each decade passes the issues don't go away, they just change with the times.

The video, If These Walls Could Talk 2, deals with the issues of being a lesbian throughout different times.

The video was made in 2000 for HBO. It is about one house and the different people who lived in it throughout different times. The house takes on a different look, based on the different occupants.

The first part of the film begins in 1961. Vanessa Redgrave stars as a woman who is "widowed" when her lover of 50 years dies. The in-laws come in and begin to cast her out, because they assume she is just a living companion. Because of the times, no one protected her. She could not even tell anyone the truth, and she was forced to hide all the evidence of her relationship with her lover. She is left alone and with nothing in the end.

The second part of the movie takes place in 1972, in the same house. This time college co-eds are living in the house. All of the residents are feminist lesbians who are proud to be out. Michelle Williams plays one of the girls who falls in love with Chloe Sevigny's character. The girls in the house torment and shun her because Michelle's new lover is not the norm because

she dresses and acts like a man.

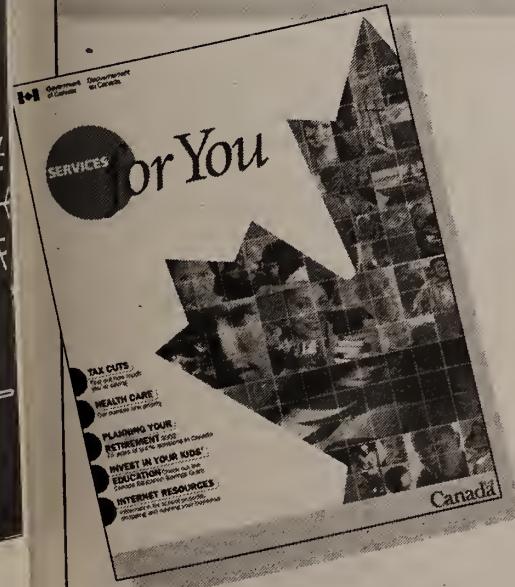
The last part of the movie is in 2000. Ellen DeGeneres and Sharon Stone star as lovers who have everything that they could possibly want, a house, acceptance by their peers and love. However, they desperately want a baby. Because they cannot do it on their own, they go through other methods such as sperm donation and artificial insemination.

The movie deals harshly with the problems that lesbians have had to face in each of the decades, and it teaches acceptance.

Each part of the video was written and directed by a different woman. Anne Heche, DeGeneres' former lover, directed the 2000 segment.

It is a good rent for anyone who wants to see how lesbians are treated by society.

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Canada

# Out with Expos, in with Canadian Baseball League

By Marc Hulet

With Major League Baseball in shambles because of problems with contraction and contract negotiation there couldn't be a better time to unveil the new Canadian Baseball League.

Details were revealed at recent news conferences.

The league will begin play in May 2002 and it will be equivalent to the MLB's AA minor league baseball. The league's founders are comparing it to the CFL.

Major League Baseball Hall of Famer and Canadian Ferguson Jenkins will act as league commissioner.

The Jenkins Cup will be awarded to the champions at the conclusion of each season.

The initial season will see teams field players in four B.C. cities: Abbotsford, Nanaimo, Kelowna and Kamloops.

The four other initial teams will be located in Saskatoon, Regina, Lethbridge and the county of Red Deer.

The league hopes to add more teams by 2003 if all goes well. Cities being discussed for the

expansion include Calgary, Toronto, London and Hamilton.

All teams will be owned by the league so they will hopefully avoid some of the mess Major League Baseball is facing.

Teams will play in stadiums able to hold between 2,400 and 5,000 spectators.

The 2002 season will see the eight teams compete against each other in a 72-game schedule.

The games will be played on Friday nights, a double header on Saturdays and a matinee on Sunday afternoons.

The rest of the week will be left open for the team to provide instruction and training.

The league hopes to provide exposure for Canadians players and allow Major League Baseball to take notice.

"There are a lot of youngsters who want exposure," Jenkins told Canadian Press.

"Right here in Canada is the best place to do it."

Each team will be required to have at least five Canadians on the 25-man rosters.

A draft will take place on Dec. 4 to fill the current teams.

## Team celebration



Players on the Detroit Little Caesars hockey team celebrate after scoring their fourth goal against the Toronto Red Wings at the Blue Line hockey tournament held at Conestoga College on Nov. 10. Detroit defeated Toronto 4-1.

(Photo by Lisa Hiller)

## Soccer teams evenly matched

By Vanessa Laye

The Condor men's indoor soccer team and the Exsonics went head to head, anticipating each other's plays, to end in a 5-5 tie on Nov. 7.

It was a fight to the end between the Condors and the Exsonics, which consists mostly of former Conestoga soccer players. Having played together throughout their college career, the two teams read each other like books, knowing how and when to block the other's moves. "They should be called the Conestoga Alumni team," said Jeff Johnstone, coach of the Condors.

In the first half of the game the Condors took control and showed the "old guys" their new moves. "In the first half we played very well defensively," said Johnstone. "They moved the ball up the court, man to man." Condor Bojan Djokovic scored the first goal of the game on former Conestoga goalie Levent Sherifali. "Bojan waited for Lev to go down for the ball and then put it in the roof of the net," said Johnstone. Dino Vukmanovic added another goal to make it 2-1 at the end of the first half.

Right from the kickoff of the second half Condor Mokaidi "Chico" Maikano put the game into gear when he scored their third goal. But the Exsonics showed the Condors that they hadn't lost their touch by making a four-goal comeback to lead the game 5-3.

With only two minutes remaining Condor Vukmanovic scored his second goal of the night off a hard kick just over the halfway line. But Maikano came through in the last minute of the game to score Conestoga's fifth goal off a cross from Gen Hidaka, to tie it 5-5.



Condor Ilias Tsatsas brings the ball up the court during an indoor soccer game against the Exsonics on Nov. 7. The two teams tied 5-5.

(Photo by Vanessa Laye)

had incredible reflexes, Hidaka who played a major role in the game by taking charge on defence, creating a goal and jumping into the attack, and Maikano, who he said is usually a playmaker, not a shooter. Maikano scored two goals for the Condors, with his second goal tying the game.

"The Condors are a very strong team," said Johnstone, who believes they will make provincials this year.

The varsity men's indoor soccer tryouts will be held in January. Johnstone said he is looking to carry 17 players this season. Tryout dates will be posted at the recreation centre sometime in December.

## Got something to say?

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you become your  
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# Intramural volleyball fun, exciting

By Mike Sperling

Every Wednesday night about a hundred people pile into Conestoga College's recreation centre to play intramural volleyball.

There are 12 teams that participate with an average of eight to nine players per team.

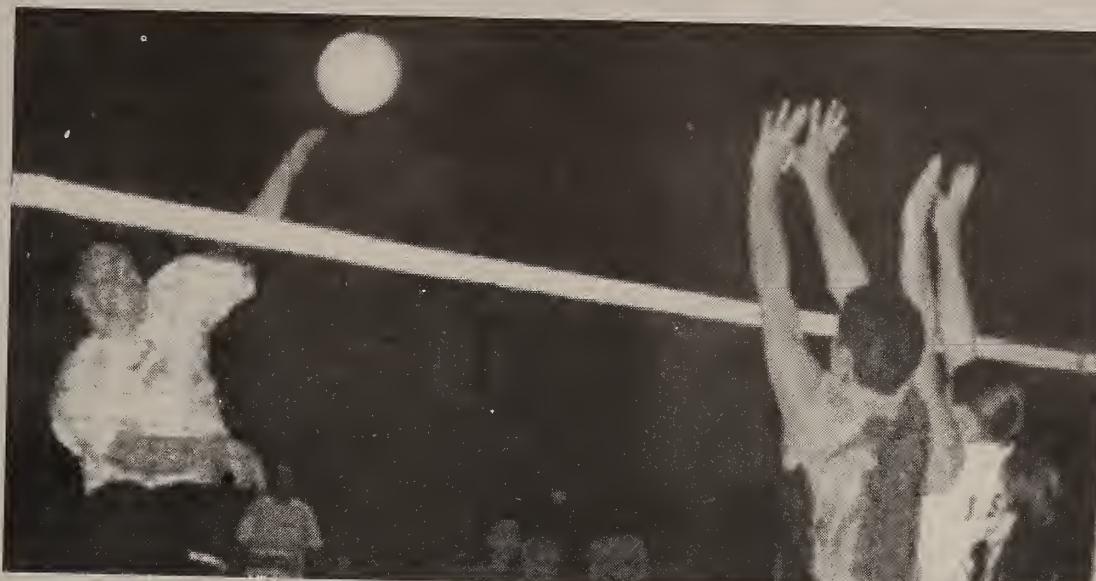
Third-year woodworking technology co-op student Robert Dietz organizes the games and makes the schedules.

Despite being the only person running the event, he doesn't mind all the work. He has more freedom and gets to run it the way he wants to.

Dietz said the best part about running intramural volleyball is it gives everyone the opportunity to meet new people and enjoy themselves.

"When they are having a good time usually I am having a good time," he said. "And that makes running it that much more enjoyable."

One complication he encountered was a team that didn't show up for its scheduled games. He removed



Members of the intramural volleyball team enjoy a game Nov. 7 at the recreation centre at Conestoga College.

(Photo by Mike Sperling)

that team from the standings and eliminated it from intramural volleyball action for this session. Dietz also had a problem with two pairs

of teams that wanted the same team name. He changed the team names to clear up any confusion with the schedule.

Dietz said there is a large turnout for the sport because participants don't have to be tremendous athletes.

"With many other sports you have to be in some kind of shape to have fun," he said. He feels the turnout is based on the amount of fun the players can have and that they are able to joke around. He added the sport itself is fun which is another reason why so many people came out for it.

The intramural volleyball season will run into December when a playoff session will be held before Christmas. The tournament will be constructed in a double elimination format with a winner's and a loser's bracket.

Dietz is also contemplating awarding medals to the top three teams.

He has been getting good feedback from the players so far. One recommendation he received was to separate the competitive players from the recreational players.

He is thinking about implementing that for the intramural volleyball session after Christmas, which he hopes to get running.

## Seneca slips by Conestoga in rematch

By Vanessa Laye

A rough hockey game between Conestoga and Seneca College lead to the Condors 6-4 downfall at Seneca's home game opener on Nov. 10.

"It was a unique game," said Greg Rickwood, coach of the Condors. "The referee could have been the sixth player on both teams. You never knew which way he was going to call it."

In the first period the Condors were down 4-0. "It was a 5 on 3 situation, with two of our men in the penalty box," said Rickwood. With Conestoga short-handed for most of the period, Seneca took advantage of the situation and used their power plays to accumulate some goals.

The Condors crushed Seneca 6-2 at their home game on Oct. 31, but weren't so lucky playing on Seneca's short rink. "Seneca is very predictable, but they caught us off guard when they scored their first goal from a bounce off the boards," said Rickwood. "They can really play their rink well."

Penalties were given out every minute, but Rickwood said the team dug themselves a hole by getting so many penalties in the first half. "If you take away the first

period it would be a totally different game," he said, adding that staying away from penalties would give the team a chance to win.

In the second period the Condors started to communicate and dominated the play, scoring three goals to make it 5-3. Condor Ryan Baird had the best goal of the game when he fought off a couple of checks, came out from behind Seneca's net and jammed the puck between the post and the goalkeeper's skate.

In the third period Conestoga was trailing by one goal. The Condors had the chance to tie the game 5-5 when Daryl Burns got a breakaway, but Seneca's six-foot-four goalie made an incredible save, leaving the score at 5-4.

Conestoga pulled its goalie for the last two minutes of the game but Seneca scored to win 6-4.

Seneca's goalie was their key player. "He made some incredible saves and got his glove or pad on almost every shot," said Rickwood. "They didn't have that goalie at our home game."

Despite Conestoga's loss Rickwood said there is always a positive outlook. "We outshot them 52 to 43," he said. "I like that we had a lot of chances to score and that this year's team is offensively creative."

The most valuable player (MVP) of the game went to Burns, who Rickwood said was all over the ice, hustled hard, finished checks, scored and overall made the best plays. Andrew McDermott also scored for Conestoga and as Rickwood put it, "stepped up his game." Tyler Smith also played a great game by being the most con-

sistent defender, giving the same effort every shift and by playing a lot of ice time.

With the Condors 2-2 record, the next 10 games are crucial to make it to provincials. "I'm excited about this year's team. Even after a loss, they are upbeat," said Rickwood.

Conestoga won their second game 6-3 against Cambrian

College on Nov. 4. Condor goalie Jason Lafortune got his first league win and was named MVP. "He was a major part of the win," said Rickwood, who added that it was even more special for Lafortune, with Sudbury being his hometown.

The Condors play their next home game against St. Clair College Nov. 23 at 8 p.m.

### COUNSELLOR'S CORNER: Quitting

"I don't want to be here!" Many students, exhausted by workload and weather and discouraged by borderline marks, consider leaving college. Counsellors see many students who want out and hope to return later. But is "out there" any better? Quitting does not solve a financial shortfall or make the course work any easier the next time.

Leaving causes other problems. A sudden void is created in the student's life. Jobs are elusive. Contact is lost with school friends who form a natural community of support. Returning to school seems a monumental task.

This is not a "carry on at all costs" message. Rather, know the costs and consider all alternatives carefully. Consider options other than withdrawal from a program:

- ◆ Drop a course which is not salvageable and pick it up later. Consult your instructor before conceding defeat.
- ◆ Pick up a failed course through Continuing Education evening or summer classes.
- ◆ Negotiate with the program chair for partial load. Better to save a few than lose all.
- ◆ Apply for Peer Tutoring. The cost to the student is minimal and it works.
- ◆ Considering transferring to another program within your school.
- ◆ Communicate with a peer or faculty with whom you are having difficulty.
- ◆ Request a leave of absence (Health Sciences).
- ◆ Ask for help from faculty or classmates.
- ◆ Seek temporary shelter if home has become untenable. Community resources are listed in Student Services.
- ◆ See your doctor. A sudden decline in energy may indicate treatable illness.
- ◆ Take off a day or two to deal with grief or personal loss. Everyone is entitled to a "personal" absence now and then.

These and many other solutions have been explored by students with a counsellor. We are here to listen and help when you have run out of ideas. Most find they can get through with a little support or leave with a plan for completing their education.

A Message from Student Services (Room 2B02)

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